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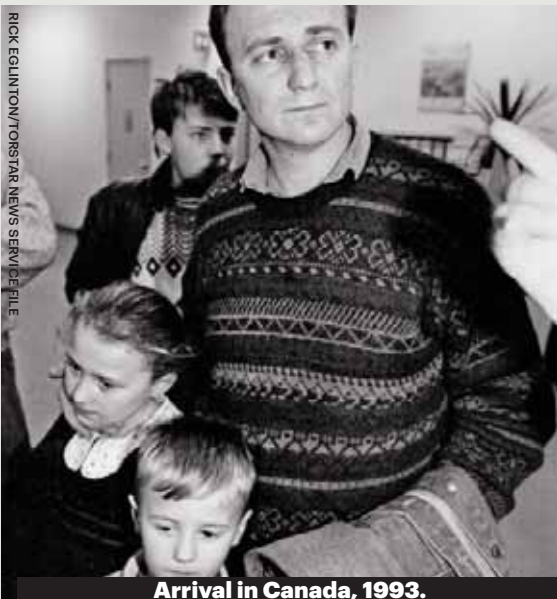
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metroVIEWS

Your essential daily news | WEDNESDAY, NOVEMBER 25, 2015

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Arrival in Canada, 1993.



New hometown of Oakville, Ont., 2015.

MELITA'S STORY

Metro's Melita Kuburas arrived in Canada as a refugee 22 years ago. Today people ask her, Why the rush to bring in so many Syrians? — 'As if anybody deserves to spend another night on a dirt floor.' **HER FULL STORY IN [metroNEWS](#)**

'It's part of who we are'

★ **SYRIAN REFUGEES IN CANADA**
**Nenshi says
Calgary ready
to welcome
Syrians**



**Brodie
Thomas**
Metro | Calgary

The plan is now in place to accept Syrian refugees to Calgary, and Mayor Naheed Nenshi said he keeps hearing from citizens who want to help.

At a press conference Tuesday, he spelled out the three ways Calgarians can help: Sponsor a family, donate money or volunteer time.

More details on how to do those things are online at calgary.ca/syria.

Nenshi spoke about Calgary's long tradition of bringing refugees into the city, noting it has been 60 years since Calgary

welcomed Hungarian refugees. "This is what we do," said Nenshi. "It's part of who we are as a people. It's part of our tradition and I'm deeply proud to continue this tradition."

Calgary Catholic Immigration Society CEO Fariborz Birjandian said the society already settles about 1,000 refugees every year, so accepting 1,300 Syrians will not be a problem because networks are already in place.

"We really are one of the cities that have a reputation as a good place to go for refugees," he said.

Nenshi said assisting people with mental health issues fleeing a war zone will be important, and formal assistance will be available.

"In addition to formal mental health interventions, the most important mental health intervention we can do for these folks is to be welcoming," said the mayor.

**More coverage on
pages 18-19 & 27**



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S64 1514225, 19,921km, 5.0L V8, 8 Speed Sport Direct Shift, Leather Interior, Navigation, Mark & Levinson Sound, Remote Touch Interface, Panorama Roof, 20" Nissan Wheels.

\$69,496

2008 Toyota Highlander Ltd 



S64 1515284, 126,398KM AWD, 10-way power adjustable driver seat, heated seats, moonroof, navigation system with integral back-up camera, 9-speaker premium-grade JBL sound system with 4-disc in-dash CD changer, Bluetooth connectivity.

\$21,996

2013 Chevrolet Traverse 2LT AWD



S64 1511954, 64,443KM, Navigation, rear DVD, power-folding mirrors, auto-dimming side and rearview mirrors, power rear lift gate, six-speaker automatic climate control, heated front seats, MyLink infotainment interface in voice activation, Bluetooth.

\$31,904

2012 Acura MDX SH-AWD



S64 1514634, 66,002KM, sensor headlights, foglamps, heated side mirrors, power liftgate, sunroof, heated front seats, power tilt and telescoping steering wheel, 19-speaker automatic climate control, auto-dimming rearview mirror with integrated rearview camera, Bluetooth.

\$32,799

2014 Lexus GX 460 Premium



S64 14104, 35,642km V8, 4.6L engine, 6-speed automatic, 80hp, 1200-lb of torque. Finished in black premium leather, automatic high beam assist, 3-zone independent auto climate control, heated 2nd row seats, Mark Levinson audio system, water activated hand-free hand navigation system with back-up camera, blind spot monitor, rear cross-traffic alert and much more.

\$60,685

2010 Toyota RAV4 Sport AWD



S64 1508784, 109,946KM, power driver seat, cruise control, 60/40 split-folding and reclining rear seats, daytime running lights, stability control, child safety locks, and much more!

\$18,545

2005 Jaguar X-Type 3.0



S64 1514318, 114,259KM, heated seats, remote keyless power locks, cruise control, tilt and telescopic steering wheel, remote trunk release, and much more!

\$12,830

2013 Lexus LX 570 Luxury SUV 6A Ultra Premium 



S64 14054, 33,308 km, Powered by a V8, heated and air conditioned front seats, heated middle row outboard seats, wide view front and right mirror mounted monitor cameras, HDD navigation system with back-up camera and much more!

\$73,788

2013 Lexus RX 350 



S64 1507284, 51,042 km, auto leveling Bi-Xenon headlights, auto dimming rear view mirror with back-up camera, heated seats heated & ventilated, driver seat memory system, moonroof, power retractable folding mirrors, XM satellite radio, Bluetooth.

\$38,869

2014 Mercedes Benz GLK350 4Matic



S64 13894, 51,320KM, Navigation, back-up camera, heated seats, cruise control, steering wheel controls, leather wrapped steering wheel, power adjustable driver's seat, sunroof.

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2012 Ranger Rover Sport HSE



S64 14104, 46,825KM 3.0L V8, black leather interior this Range Rover comes equipped with the following features: sunroof, bi-xenon headlights, foglamps, adjustable air suspension with adaptive damping, keyless entry/ignition.

\$52,897

2010 Lexus GX460 Ultra Premium AWD 



S64 14104, 46,825KM 3.0L V8, black leather interior this Range Rover comes equipped with the following features: sunroof, bi-xenon headlights, foglamps, adjustable air suspension with adaptive damping, keyless entry/ignition.

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Ambulance response-time targets still not set in place

RESPONSE TIMES

Minister says wait-time strategy is in the works



Ryan Tumilty
Metro | Edmonton

Nearly 18 months after former health minister Fred Horne demanded Alberta Health Services set standard response times for its ambulances, government officials still can't confirm they're in place.

In June 2014, Metro reported the contents of a memo AHS sent to Edmonton paramedics.

That memo, detailing how AHS "does not have a response time target," came after paramedics raised concerns about response times.

After Metro published the story, Horne said the memo surprised him.

"It's certainly not acceptable in anyone's eyes to operate a system that doesn't have targets, specifically for something as critical as (ambulance) response times," he told Metro, in June 2014.

On July 22, 2015, Metro filed a freedom of information request for records of AHS' work on response times.

In August, the request re-



The provincial government can't say for sure if standard response times have been set for Albertan ambulances. METRO FILE

ceived the standard acknowledgment promising a response within 30 days, but Metro has had no updates since.

Since Horne's order, AHS has repeatedly stated they're working on the issue.

On Tuesday, AHS spokesman Kerry Williamson was unable to provide an update.

In a statement, Health Minister Sarah Hoffman said Tues-

day health-care wait times are a priority for her government, including ambulances.

"We're creating an overall wait-time strategy, and hope to have more details available in the coming months," she said.

Though it's unclear if AHS has response benchmarks yet, Amanda Rayner, spokeswoman for the Alberta Paramedic Association, said paramedics have

unofficial targets they use as guidelines.

These targets mirror those that used to be in place when Alberta's major cities were in charge of ambulances.

At that time, Calgary EMS had a benchmark response of eight minutes while Edmonton had a benchmark of nine minutes, 90 per cent of the time.

"Anything to assist paramed-

ics — including (official) benchmarks — to make the system more efficient is always welcome," Rayner said.

Calls that go longer than 15 minutes are investigated, she added.

AHS does issue reports on response times, which show an average of about 11 and half minutes in Edmonton and roughly the same in Calgary.

POLICE

Analytics connect crimes



Lucie Edwardson
Metro | Calgary

Calgary's police Chief Roger Chaffin said switching gears towards an intelligence-led police model has helped them not only nab criminals, but link a multitude of crimes in the city.

Chaffin told Metro this intelligence, or analytic-led model of policing is a result of an evolution of strategy over the last number of years.

"It's a way to take information and data and have real thoughtful analysis and say what is really happening," he said. "Through this you can focus your strategy on what is really happening."

Chaffin said this new model has allowed CPS to establish linkages in crimes through their analytics.

"There is deep-seated hatred between groups which has led to retaliation after retaliation," said Chaffin. "We're using strategic intelligence, and this includes covert undercover officers and uniformed resources to collect information."

He said CPS can use the information to appropriately deploy officers.

"We're at a point now where we're really evolving and maturing around how to use intelligence to deploy," he said. "You can then take fewer people and do better work because you are more informed, using accurate real data."

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SCHOOL RENAMING

Bhullar petition hits 1,200 names



Helen Pike
Metro | Calgary

When news of MLA Manmeet Bhullar's passing reached Saima Jamal yesterday, to her it wasn't a politician lost, but a brother taken too young doing what he did best — helping people.

That, and his dedication to youth, is why Jamal said it's appropriate to name a school, ideally in Calgary's northeast where he served as MLA for Calgary-Greenway, after the politician.

"His contributions to my activism work, to my political activism, to my community work to my personal life has been immense and it's the same towards anyone you talk to," Jamal said. "He was literally larger than life."

"The loss was so big for Albertans that I wanted to pay a special tribute to him."

Jamal started an online petition online that has reached over 1,200 signatures, and it will be presented to Premier Rachel Notley with the hope one of the province's new schools can be named after Bhullar. She's also asked people to write to rally MLAs to ask the government to honour the MLA.

Calgary Board of Education trustee chair Joy Bowen-Eyre said they are deeply saddened to hear of the passing of Bhullar and offered their condolences.

"We have a clearly laid-out naming policy," said Bowen-Eyre. "We work extensively with any of our new community schools regarding the naming process... we would welcome any suggestions from members of the public regarding any of our new schools."

No schools in the northeast have yet to be named.

Alberta MLA's death hits close to home

IN MEMORY

Politicians say driving is a big part of public service

Alberta Liberal leader David Swann takes the bus between Edmonton and Calgary when road conditions get bad.

Other Alberta politicians do the same. Especially when the snow flies, much like it did Monday.

A Progressive Conservative member of Alberta's opposition, Manmeet Bhullar, was killed Monday while driving from Calgary to Edmonton as a winter storm hit much of the province. The 35-year-old was struck by a semi after he stopped to help a motorist whose car had flipped on the busy Queen Elizabeth II Highway north of Red Deer.

Several politicians across the Prairies say his death is a grim reminder of a hidden danger they face as part of their jobs — spending numerous hours on the road alone, often when the weather is bad.

"I take the bus partly because I don't feel safe on the roads in conditions like this," Alberta Liberal Leader David Swann said Tuesday as snow continued to fall in Edmonton.

He travels to the capital from



Calgary Greenway MLA Manmeet Bhullar was killed Monday in a car crash on the Queen Elizabeth II highway. Being on the road is common for provincial politicians, and many have faced peril on the highways serving their constituents. METRO FILE

his riding of Calgary Mountain View on the same highway where Bhullar was killed.

So does Alberta Wildrose house leader Nathan Cooper, who represents the rural riding of Olds-Didsbury-Three Hills.

He said Bhullar's death will make him more cautious.

"It will certainly give me pause the next time the road conditions might not be ideal and you're rushing up to Edmon-

ton to get here for something that you feel is really important."

Blaine Pedersen, who has represented a southern Manitoba riding about an hour outside of Winnipeg since 2007, said Bhullar's death hits close to home.

"I've stopped to help people by the side of the road too," he said.

He's also hit several deer and had many close calls in all kinds

of weather.

Doyle Pwiniuk represents the constituency of Arthur-Virden by the Manitoba-Saskatchewan boundary. It's a three-hour drive from Winnipeg and takes several more hours to drive from one end of the district to the other.

He recently drove home in a foggy mist and, while passing a car on the Trans-Canada Highway, suddenly spotted a streak of red on the road. A semi in front of him hit a deer.

Pwiniuk had no choice but to drive over the animal.

"It was there before I knew it," he said. "These are some of the risks that are out there."

THE CANADIAN PRESS

CHILDREN'S RIGHTS

Politician was a fierce champion

An Alberta member of the legislature is being remembered by his peers as a mountain of a man, a fierce political debater and a big-hearted champion of children.

White roses, a red prayer book and the provincial flag were placed Tuesday on the desk at which Manmeet Bhullar usually sat in the chamber. Politicians from both sides of the house walked past and paid silent tribute.

Bhullar, 35, was killed Monday on an icy and snowy stretch of the main route between Edmonton and Calgary. He had pulled over to the side of the Queen Elizabeth II Highway to offer help in a vehicle rollover. An oncoming semi lost control and hit him.

He was in his third term as the member for the Calgary Greenway constituency.

Flags at all Alberta government buildings flew at half-mast on Tuesday and the Ontario legislature held a moment of silence. In Regina, Saskatchewan legislature member Greg Ottenbreit offered his condolences.

It was as human services minister in 2014 that he took action following a newspaper's investigative series revealing that 45 children had died in government care over a 14-year period. Bhullar put through changes allowing names and cases to be made public in the future.

"There are a lot of changes to children in care that he brought about that have made a big difference for many vulnerable kids and their families," said NDP government house leader Brian Mason.

"I think that was his finest moment in terms of his contribution to public life."

None of Bhullar's eight PC caucus colleagues was in the house Tuesday.

THE CANADIAN PRESS

Bhullar was always successful, very authentic, very committed and very capable.

Premier Rachel Notley, from the First Ministers' meeting in Ottawa

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Local wildlife uses backyard as catwalk

FAUNA

Calgary man gets up close and personal with bobcats



Lucie Edwardson
Metro | Calgary

One Calgary man got up close and personal with a small feline family prowling and playing in his inner city backyard.

Darcy Gillis, who lives in the southwest community of Kingsland said he was pleasantly surprised to see a small family of three bobcats playing around in his yard Monday.

"They looked right at home," he said of the mother and her two kittens. "They were walking along the top of the fence and playing with some ornaments hanging from it."

Gillis's wife had seen the bobcats once before, but it was his first time seeing them at his home, so he had an idea.

He got out his camera and made his way out into the backyard to take some photos of the felines using his yard as their personal catwalk, and the results were pretty fantastic.

"They weren't bothered by me at all," he said. "I was about 15 feet away just laying on my belly taking photos."

According to Gillis the mother looked right at him while he was snapping her picture.

"She was pretty much posing for me," he said.

Bobcats have been seen a number of times throughout the city over the last few years, and there have been no reported attacks.

That being said, Calgary Animal Services recommends on their website that people not approach wildlife, but rather call Alberta Fish and Wildlife at 403-297-6423 if they're experiencing problems.



One Kingsland resident got to snap once-in-a-lifetime shots of a bobcat family in his southwest yard. CONTRIBUTED BY DARCY GILLIS

GENDER ISSUES

Survey shows most men seek support



Jeremy Simes
For Metro | Calgary

Liza Lorenzetti said her predictions regarding men's health have largely come back true.

Lorenzetti, a community organizer and PhD candidate with the University of Calgary's faculty of Social Work, was working on a survey that aimed to figure out what men need to build and sustain healthy relationships.

Out of the 2,425 men who took the online survey, 96 per cent of them said they need support for their relationships and well being.

"This goes against the common misconception that men don't seek help," Lorenzetti said. "So these results are very encouraging for us to move forward."

She said 74 per cent of men don't know where to go —

something "quite telling," highlighting the need for more resources.

She said 44 per cent had past negative or traumatic experiences, 45 per cent felt they had unsuccessful jobs, 46 per cent had past addictions problems, and 55 per cent had family conflicts or relationship problems.

"We looked at barriers to well being and facilitators to well being, and they were both very important," Lorenzetti said. "Family was very important (as a facilitator), and the top barriers were financial challenges in today's econ-

omy."

The survey connected with 35 counties across the province. Lorenzetti said Calgary, Edmonton and Strathcona county had the most respondents.

The next step for Lorenzetti is to talk with policy makers to support groups who are currently working to help men.

“

This goes against the common misconception that men don't seek help.

Liza Lorenzetti


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City prepares to fast-track projects valued at \$47.5M

BUDGET

Investment would result in about 400 jobs for one year



Brodie Thomas
Metro | Calgary

In response to the economic downturn, Calgary city council is preparing to fast-track a number of shovel-ready projects in its 2016 capital budget.

The investment strategy would be worth \$47.5 million if approved and would access available funds according to Coun. Ward Sutherland.

"This is without raising any taxes," he said. "This is money we have and we're not borrowing."

That investment would translate into about 400 jobs for one year.

Projects listed include accelerating the design tender on the Bow to Bluff project, upgrading heaters at various arenas, purchasing three new fire engines, and a major renovation of the West Hillhurst Community Association Arena. The full list has 27 items.

Brent Alexander, President

of the West Hillhurst Community Association, said he's happy to hear arena upgrades could be fast-tracked.

"It's one of the oldest arenas in the city. It's not safe. We also serve 20,000 people in surrounding communities," said Alexander.

Sutherland said this could be a paradigm shift in how the city executes its capital budget. For the accelerated projects, administration will create a corporate priority list rather than handing the money to departments.

"Within that department or division, they always controlled their own capital

projects, so it was never controlled centrally," said Sutherland.

He said the new city manager brought this plan forward as a way of "separating

silos" and making sure the funds are used in the most efficient way possible.

Given the downturn, Sutherland said now is the perfect time for the city to take on any projects that would've been more expensive in boom times.

He said labour was sometimes unavailable during the boom, and project tenders often came in well above the estimate cost, leading administration to shelve plans.



This is without raising any taxes. This is money we have and we're not borrowing.

Coun. Ward Sutherland

Improved accessibility to one-third of Calgary's bus stops will be one of the 27 projects that are on the city's list to fast track. METRO FILE

ECONOMY

Notley reveals plan for new tax

Alberta Premier Rachel Notley says her government will keep a tight rein on a multibillion-dollar carbon tax to make sure the money goes only to green programs and incentives.

Notley says none of the money is to go to broader or unrelated expenditures, such as paying down the deficit and debt.

"Every cent that is collected by the carbon tax will be recycled back into the economy immediately," Notley told reporters Tuesday.

The carbon tax is one of the pillars of Alberta's new climate change strategy. The plan will cap oil sands emissions, phase out coal-fired electricity plants, and move to more environmentally friendly fuel sources over the next 15 years.

Opposition critics say strict rules need to be in place to keep this levy from devolving into an all-purpose slush fund.

Notley says the tax could be used for other priorities far down the road, but only after her government is convinced it has served its purpose in transforming Alberta to a green economy.

THE CANADIAN PRESS

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Under the carbon tax, fuel prices are to rise 4.7 cents a litre by 2017. Household bills will rise by \$320 a year for the average family in 2017.



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Elisa Kasha and Dwayne Mazereeuw want to help the community that helped them survive a disaster and return to their children. CONTRIBUTED

To Tofino with love

WHALE-WATCHING TRAGEDY

Couple want to give back to Ahousaht First Nations



Helen Pike
Metro | Calgary

Dwayne Mazereeuw said he didn't think a whale-watching boat that size could tip over, but quickly realized he was in trouble when people started falling into the rough waters.

Calgary's Mazereeuw and his wife Elisa Kasha were on the MV Leviathan II, a ship that capsized Oct. 25 off Tofino, with 27 people on board. The couple were among 21 people rescued from the icy Pacific waters that day. Now, nearly a month after the accident, the family has found a way to give back to the community that saved their lives. "Within a split second we were in the water as well," said Mazereeuw. He and his wife found a life ring and held on tight. All they could think of was their two young children.

About 20 minutes later, the emergency flare went off from a nearby life raft — too far away to swim to. Mazereeuw and Kasha were in the second rescue boat, a water taxi manned by members

of the Ahousaht First Nation.

"We were pretty frozen and exhausted by that time," he said, adding it had probably been an hour in the water.

"It was quite an effort to get us on board, we couldn't even hardly help them."

After recovering from hypothermia and washing off diesel fuel, they took the first flight to Calgary to see their children.

Last week, Mazereeuw's colleague emailed him an article about a skatepark fundraiser for the Ahousaht First Nations. Coincidentally, he works for New Line Skateparks, a company that builds, you guessed it, skate parks.

"We're just so excited that this opportunity fell in our laps and that we can make a difference here and help out," Mazereeuw said.

"It wasn't only the people that rescued us, there were lots of other Ahousaht boats that came out; it was Ahousaht fisherman who saw the flare and triggered the rescue."

Mazereeuw and Kasha will contribute financially, help with the construction, and raise the cause's profile. His company has offered to back the project with design and construction resources.

Going back to Tofino will be tough, but Mazereeuw said they've made lifelong friends there.

DEFAMATION TRIAL

Arthur Kent's rebuttal held back: Editor

A one-time senior editor at the Calgary Herald says he had concerns with a rebuttal to a column that was critical of a former TV reporter running for office and rejected publishing it. The rebuttal was by that TV reporter himself: Arthur Kent.

Two separate interviews with Gord Smiley, former assistant managing editor with the Calgary Herald, were read into the record Tuesday at the defamation trial that pits former NBC

war correspondent Arthur Kent against Postmedia, which includes the Calgary Herald, and columnist Don Martin.

Kent alleges he was defamed during his unsuccessful campaign to win a seat in Calgary for the Progressive Conservatives in the 2008 provincial election. He lost after a column by Martin ran under the headline "Alberta's 'Scud Stud' a 'Dud' on Campaign Trail" — a reference to the nickname Kent got

covering the Gulf War.

Kent wrote a rebuttal under the headline "A Tool for Love" suggesting Martin was simply doing the bidding of senior Tory party members such as Rod Love.

Smiley said in a 2009 interview with Kent's legal team he informed Kent over the phone that the rebuttal wouldn't run.

"It was highly critical of Don Martin and we didn't want to publish the column because of that reason," said Smiley.

"And also it made several references, that I was uncomfortable with — against Alan Hallman, Rod Love, (former premier) Ralph Klein, Lee Richardson — and I didn't want to publish the column."

Hallman and Love were later identified by Martin as two of the three sources he used in his column, which described Kent as a candidate who failed to toe the party line and was difficult to deal with. THE CANADIAN PRESS

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An Dong frequents the Drop-In, where the people inspire his work. JEREMY SIMES/FOR METRO

Artwork inspired by city's homeless

COMMUNITY

Paintings feature local historic sights and portraits



Jeremy Simes
For Metro | Calgary

It was the first time Phillip Gervais saw himself on canvas.

Titled Hope by An Dong, the painting of Gervais is part of a larger collection that'll be showcased for the first time at the Calgary Drop-In Rehab Centre on Saturday.

"It's beautiful," Gervais said, adding he sees a musician when he looks at the painting. Dong met Gervais at the Drop-In a while back, noticing Gervais' miniature drum that he carries everywhere.

"He doesn't play for money," Dong said. "He plays for fun."

In fact, Gervais said his drum — which he bought at

a local pawn shop for \$100 — has given him a bit of luck.

Like the painting's name, "there is hope," said Gervais, a client of the Drop-In who tirelessly volunteers at the centre.

Dong, who's from central China, isn't new to the Drop-In (DI).

When he flew in to Calgary from Vancouver in July, he said he had arranged to stay at an apartment in the city.

But when he showed up at the door, they rejected him, he said, adding he then left for the airport, where he slept for four nights.

"It was dark, and I was wandering the streets with all these bags," he said. "So I went back."



I still enjoy this space. They teach me a lot.

An Dong, on the Calgary Drop-In Rehab Centre.

A man who was sketching at the airport later introduced him to the Drop-In centre, which became Dong's home for two weeks.

Though he now has his own place, Dong frequents the DI, finding inspiration through people who live and volunteer at the centre.

"I still enjoy this space," said Dong, who collects his canvasses from wood furnishings that would've wound up in the trash. "They teach me a lot. They teach me English, grammar, punctuation. They teach me art."

In particular, he learns a lot from Ruth, who helped him brush up his art skills, he said.

"She gives me so much support."

Dong's paintings feature the streets of downtown Calgary, particularly historic buildings. His work also includes other portraits of Drop-In clients.

East Village Community Art Show exhibition will be held on Saturday from 1 - 3 p.m. on the sixth floor.

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City biz makes local wreaths

TREES

Store a place businesses, artists connect, says manager



Jeremy Simes
For Metro | Calgary

When Michelena Bamford was shopping for a Christmas wreath, she noticed they weren't made from local trees.

On top of that, wreaths made from California or British Columbia plants seemed to crumble quickly — they couldn't handle the city's dry climate, she said.

So, she decided to take it upon herself to start Rocky Mountain Wreaths, a business that uses native plants from Kananaskis Country and the city.

"Given where we live, I thought, 'Why? Why is this happening?'" said Bamford, who runs the business out of her Wolf Willow Studio space. "We have this majestic outdoor



Michelena Bamford wanted her business — Rocky Mountain Wreaths — to be as local as possible.

JEREMY SIMES/METRO

playground right by us with incredible variety and beautiful plant material."

Bamford said she has a contract to clip trees and shrubs

in Kananaskis, where "no trees were harmed in any way."

And as it turns out, clipping trees is healthy for them — they grow more robustly in

the spring, she added.

But through a connection she's made with the Arborest — a separate company that offers tree services — Bamford



People come here and know it's local.

Michelena Bamford

also uses spruce trees that are to be chopped down in the city.

"It saves them from going to the chipper," said Joanne MacDonald, a sculptor who designs the wreaths. "It's such a waste when they go to the landfill."

For Chelsie Anderson — the store's "branch manager" — the studio has become a gathering space for business, artists and community members to connect.

"I'm probably the only gardener working in December," said Anderson, who runs a nearby gardening business through the spring and summer months. "(This place) fits really well for me."

Bamford said she wanted the business to be as local as possible.

"People come here and know it's local," she said. "And I think more and more want to support local artists and products."

The studio is located at 9 Spruce Centre SW.

MOUNT ROYAL

Students getting more 'engaged'



Helen Pike
Metro | Calgary

This year 11 people are running for seven board of governor positions available in the Student Association at Mount Royal University.

"It's huge," said Madina Kanayeva, VP external for SAMRU. "It's really great to see that students are getting more engaged on campus, they're a lot more involved."

The student association is holding its Annual General Meeting on Wednesday at 11:30 a.m. at the Hub, and students are encouraged to attend, ask questions and be involved in student government.

"We work for the students and what they say is the most important thing," said Kanayeva. She added this is the time students can hold the association accountable and bring up concerns.

It's crunch time for students, but the association is trying to ensure students show up and have their voices heard.

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WESTJET 

Warm up with hot music extravaganza

BLOCK HEATER

February event will feature more than 20 local artists



Jeremy Simes
For Metro | Calgary

Prepare to warm up this winter with Calgary's newest music festival.

Announced Wednesday, The Calgary Folk Music Festival unveiled Block Heater, a winter music "extravaganza" set for February.

Kerry Clarke, artistic director of folk fest, said the organization wanted to create Block Heater to give life to the city's dreariest months.

The festival will be held at three live music venues on the Music Mile in Inglewood.



A detail from the event poster. CONTRIBUTED

Throughout the Family Day long weekend, more than 20 local, national and international artists will perform.

Plus, there will be a collaborative songwriter-in-the-round sessions at Festival Hall, much like the summer festival.

"In a cheesy way, we're

warming up the neighbourhood," Clarke said.

For Liz Stevens, keyboardist and vocalist for Copperhead — which will play at the festival — Block Heater is a great way for artists to connect with each other and crowds.

"I think it's great there's going to be a music festival in the winter," she said. "Our band isn't as well-known, so it's amazing to have this opportunity to play at larger gigs."

Stevens said she can't wait to be part of the songwriter-in-the-round event — where musicians from different bands create music — with Ontario's Elliott Brood.

"I played (their) entire track on the drive home from a festival we went to in the summer," she said. "(They have) such a cool sound."

Tickets go on sale Wednesday, and more information can be found at calgaryfolkfest.com. The event will be held from Feb. 12-14.



It's amazing to have this opportunity to play at larger gigs.

Liz Stevens of Copperhead

POLICE



Mangok Geng

CONTRIBUTED BY CPS CREDIT

Man wanted on warrants

The Calgary Police Service is asking for the public's help to locate Mangok Geng, 20, wanted for a number of warrants, including one for armed robbery and four for forcible confinement.

Geng is black and six-foot-one with a slim build, brown eyes, and brown hair. If you have information, call Calgary police at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477. METRO

Shooting suspect arrested

The Calgary Police Service Guns and Gangs Unit arrested a man believed

responsible for a shooting that took place in August.

Tarek El-Rafie, 24, of Calgary, faces numerous charges including one count each of discharging a firearm to endanger life, use of a firearm in a careless manner, possessing a restricted weapon without a licence, resisting arrest and unlawfully escaping custody. METRO

Guilty plea to assault on girl

A man has pleaded guilty to sexually assaulting a seven-year-old girl on an Alberta reserve.

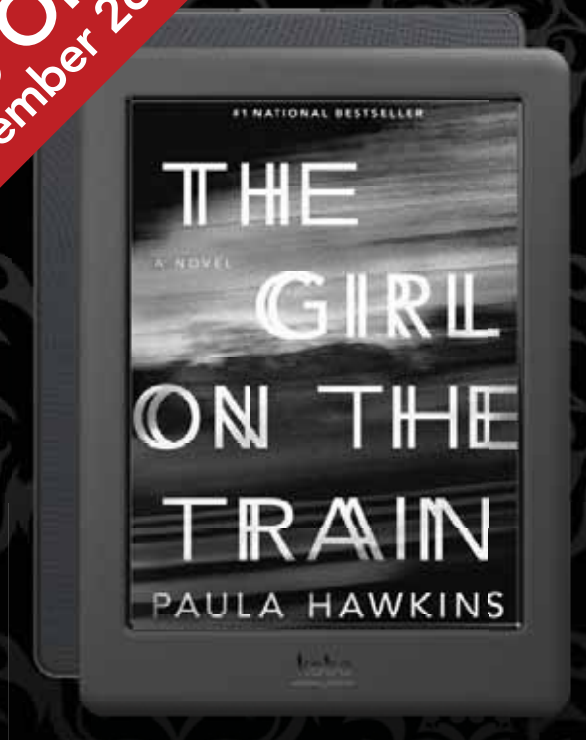
Relatives have said the child was found near dead and lying naked in the snow on the Paul First Nation a few days before last Christmas. She was flown to hospital in Edmonton, where she remained unconscious for several days.

James Clifford Paul, 22, was arrested and charged with several offences, including attempted murder.

He pleaded guilty this week at the beginning of a preliminary hearing to charges of sexual assault and aggravated assault.

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'We were one of the lucky ones'

As the country prepares to welcome thousands of Syrian refugees, a Metro editor recalls how her family built a happy life in Canada after escaping a war zone

Melita Kuburas
Metro | Canada



We were one of the lucky ones, and it's not something we took for granted.

For years I've treasured this clipped-out newspaper photograph of my family taken just moments after we arrived in Canada. My dad, at the age of 35, only three years older than I am now, has his right arm curled protectively around me and my little brother, nine and five years old at the time.

In the photo he looks like someone anticipating a better life, one he would grant us.

He had just been released from concentration camp at Manjaca in northwestern Bosnia and Herzegovina, where he was imprisoned for six months. Starved, beaten, kept from his family for nothing more than being Muslim.

Yesterday, Prime Minister Justin Trudeau's government announced details about its ambitious plan to resettle 25,000 Syrian refugees over the next three months. Many have criticized the haste — why the rush? they ask. As if any mother and child deserve to spend another night in a tent on a dirt floor.

A softening of the Liberals' initial promise is disappointing, but at least there's a commitment to welcome newcomers with urgency. There's so much desperation in the camps abroad. Perhaps a family's name is on an immigration list, but it's a promise that can be yanked away at any moment. In my family's case, the offer to come to Canada was unreal until the moment we landed here, when aspirations became concrete.

The question for me, then, isn't why the rush, but is there good enough reason to make them wait?

We were among 46 government-assisted refugees who arrived from the former Yugoslavia that day, Jan. 24, 1993, and many more would follow — almost 16,000 over the next four years, who, like us, didn't have a home to go back to. The breakup of the socialist union led to a fight over Bosnian territory, turning into a bloody war that gained notoriety for "ethnic cleansing." It ended with more than 100,000 deaths, over a third of them civilians.

"Too generous."

These words are used to describe Canada's refugee policy on the Letters page in The Star on Nov. 8, 1993. They are echoed by critics this week in the comments section on any story about incoming Syrians.

Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading. They are not "collecting cheques" and living lavishly. In fact, I recognize now in our first few years here what I failed to see back then — poverty.

We lived in temporary housing, a motel, for about a month in Toronto after arriving. Then we rented a two-bedroom apartment in Mississauga, the size that suited our four-person family for about a decade, until we were finally able to buy a two-storey house in Oakville.

Much of our apartment in those early years was furnished by items placed curbside by neighbours on garbage day. ("Do you have to write that in your

article?" my mother asks now.)

Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading.

I remember her washing other people's carpets on our balcony, which were afterwards laid out on our floors.

My brother and I played Nintendo on a wooden-encased TV set that had a Lazy Bones remote — a discarded 1950s relic, I presume.

There was a No Frills at the plaza just around the corner from our building, but if milk happened to be on sale at Knob Hill Farms, an old supermarket chain at the discount mall across town, my parents would bike there to shop. The savings would have been negated by bus fare, so they biked 25 minutes each way to make it worthwhile.

I smile at this story now whenever I stop at Whole Foods because it's on my way home from work.

Their bicycles were also salvaged from the scrapheap. My dad would come to pick me up at school with his, until I sheepishly asked him if next

Bosnian refugee tells of odyssey to freedom

By Allan Thompson
TORONTO STAR

For Senad Kuburas and his wife, Edina, the journey through darkness began just before dawn May 31, when the Serbs started shelling their little village of Diljani in northern Bosnia.

"The shelling lasted for two hours. Those who weren't killed fled to a bush on the edge of town," Kuburas, a Muslim ship-scraper, recounted yesterday through an interpreter.

Kuburas and his family were among 46 Bosnian refugees to arrive at Pearson International Airport last night to begin new lives in Mate. Through a special program announced last November, Canada accepted 500 refugees from the former Yugoslavia, men who spent months in Serb-run detention camps before being reunited with their families for the Red Cross.

Senad and Edina Kuburas are in Toronto now. With the children, they will spend the next three weeks in an Immigration Canada reception home to begin integrating into Canadian society. Counsellors from the Immigration department — as well as local Bosnian relief agencies — will help.

The new life in Canada lies ahead, but last night their thoughts were still in Diljani.

"The same day as the shelling, the Serbs went around with loudspeakers, telling all Muslims to give up their weapons. We didn't have any anyway, but our children and I were afraid."



A NEW LIFE: Senad Kuburas, with daughter Melita and son Meldon, hopes to find a job soon in Canada. Kuburas spent months in a Serb-run camp in Bosnia.

A page from the Toronto Star, published on Jan. 25, 1993, shows a young Melita Kuburas and her family arriving at Pearson Airport as government-assisted refugees from the former Yugoslavia. CONTRIBUTED

From the archives ...

The following are excerpts from the original story about the Kuburas family's tribulations in the former Yugoslavia, as well as their arrival in Canada — published Jan. 25, 1993, in the Toronto Star:

"I was taken to a place where they asked me what I owned, then sent me home," (Senad) Kuburas said. "But a week later they came back, came to my house saying they had an order to search."

"They pushed my wife and children into the corner of the room. A man with a shotgun pointed it at my father, and told me to hand

over all our money, our deutschmarks. I had only 150 and he didn't believe that was all I had. He put a gun to my daughter's head and said he would shoot her if I didn't give more money."

"He told me another group of soldiers was coming, and that they were going to kill me. I panicked, sent my wife and kids to the neighbour's house."

"Then the soldiers came and knocked on my door. They told me to come out. We came out, me and my old father. They said, 'Leave the old man here.'"

time he could leave the bike at home. I guess that what my mom finds embarrassing now, I was ashamed of back then. We were on assistance for about a year until they both found jobs, my dad as an electrician and my mom as a cashier until she went back to school for her trade in accounting.

Though they soon found work, we couldn't afford a car until two years later, when my dad bought an '86 blue Cutlass Ciera.

So this is not me complaining;

these are not the painful memories, though there are plenty of those from back home: the men in uniforms, pointing a gun at me while demanding money ("Surely you love her the most," one had contemptuously said); the grandfather and favourite uncle who were killed, and whom I would never see again; the melancholy that takes over whenever I think back to the sharp interruption of an otherwise happy childhood.

In contrast, our family's struggles in our new home —

they were returned to their homes, then they killed them there.

"It was hot, and we stayed in the truck without moving for three and a half hours. They told us anyone to leave the truck would be shot. When the trucks finally left, we saw we were heading east. We felt some relief in knowing we wouldn't be killed on the spot."

"At Manjaca, the camp, which is really just a government farm, they told us to give them all our belongings and watches, and that if they found anything we'd be persecuted. As we got off the truck, the same men were hitting everyone with a piece of wood," Kuburas said. "All the men were then stripped down to their underwear, he said."

"When we had our clothes on, they beat us again. They separated us in different buildings. Mine had just a bare cement floor. They gave us our clothes back, but that's all we had."

Kuburas spent two months in the camp, along with hundreds of other men, enduring daily beatings, consuming mostly bread and water, watching friends die, beaten to death.

"I've seen friends, men who were with us, beaten to death. Omar Poljanec, he was one. And Danic, another. I tell you their names so you know I am telling the truth," Kuburas said. "He said the Red Cross went to his camp in late summer, and

Kuburas said he never saw his father again.

Kuburas spent two months in the camp, along with hundreds of other men, enduring daily beatings, consuming mostly bread and water, watching friends die, beaten to death.

"The Red Cross asked us if we wanted to go from the camps. We'd heard so much about Canada. Canada was taking people with families," he said.

"We were told Canada is a big country, only 27 million people, so it still needs population there."

learning a language, getting a job, trying to fit in at school — were welcome ones. Integration comes quickly, and it did for us.

Like most government-sponsored refugees, we had to refund the cost of our trip to Canada and initial startup expenses, taking on a debt of \$3,500 right upon arrival. My dad sees that as fair: "It offered someone else a turn to come here."

Melita encourages readers to contact her directly at:
melita.kuburas@metronews.ca



Former Toronto Star reporter Allan Thompson. CONTRIBUTED

Journey through history

I was on my laptop last Wednesday, sharing a column about the prospect of welcoming Syrian refugees in Canada's small towns, when an email message landed out of the blue.

Melita Kuburas, an editor at Metro Toronto, was getting in touch to ask about a story I'd written for the Toronto Star more than two decades earlier about another refugee influx. Then, it was hundreds of refugees from war-torn Bosnia, looking to make a new life in Canada.

"You interviewed my father on the day we landed in Canada," she wrote.

I remembered the assignment in an instant. It was late in the day on Sunday, Jan. 24, 1993, when I took a cab to Pearson airport to meet with refugees from Bosnia who were arriving in Toronto to start over.

Melita and her brother were just little kids then, cowering beside their dad, Senad Kuburas, when he recounted through an interpreter the family's horrific experiences in the Bosnian war. Looking back now, it seems the Canadian instinct to open our arms to refugees from a Muslim community in Bosnia was somehow more second nature then.

ALLAN THOMPSON



I've always wanted to meet the original story's photographer, Rick Eglinton. Not only did he record a life-changing moment for us, he also captured a certain dignity in my father's face.

EXCERPT: MELITA KUBURAS
PHOTO: LIZ BEDDALL/METRO

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Liberals push back resettlement goal

★ SYRIAN REFUGEES IN CANADA ★

Exit visas and preparing cities cited as delay factors

The Liberals will miss their self-imposed deadline to resettle 25,000 refugees by the end of the year, instead pledging to meet the target by the end of February 2016.

The government will also count privately sponsored refugees against the total goal of 25,000 people, as well as any Syrian refugee who has arrived in Canada since Nov. 1. The government expects 10,000 will be privately sponsored — 40 per cent of its goal.

Officials cite several challenges, including getting exit visas from host countries and ensuring Canadian communities are able to accommodate the refu-

gees, as factors for pushing back the deadline.

In a media briefing today, officials said the government still intends to get the refugees to Canada as quickly as possible, but conceded that 15,000 are expected to have to wait until the first weeks of the new year.

"Yes, we want to bring them fast, but we also want to do it right," said John McCallum, Minister of Immigration, Refugees and Citizenship, speaking at a press conference Tuesday.

McCallum said Canadians will welcome refugees "with a smile, but a smile alone is not sufficient."

He said the delay would allow more time to ensure homes and language training for refugees would be in place when they arrive. The overall plan is expected to cost as much as \$687 million over six years, with the bulk of the money spent in the first two years.

Some departments involved in the resettlement project will

be asked to absorb the costs, but officials say most will be new money.

The refugees will be drawn from UNHCR camps in Jordan and Lebanon, as well as refugees registered with the government of Turkey. Especially vulnerable groups — families, women at risk, and LGBT refugees — will be prioritized. Single men accompanying their parents can also be admitted.

The refugees will be subject to extensive security and health screening at multiple stages on their journey to Canada.

The first layer includes registration with the UNHCR or the Turkish government, followed by interviews, biometric and biographical data collection, and checks against public safety databases in Canada and the United States.

As many as 500 federal personnel — including Canadian Forces members — are being deployed overseas to aid in the processing. TORSTAR NEWS SERVICE

5

The number of phases of the refugee plan.

\$687M

The overall cost of the plan over six years.

500

The number of federal personnel being deployed overseas.



Left to right: Health Minister Jane Philpott, John McCallum, Minister of Immigration, Refugees and Citizenship, and Defence Minister Harjit Sajjan announce Tuesday **Canada's plan to resettle 25,000 Syrian refugees.** SEAN KILPATRICK/THE CANADIAN PRESS

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COSTS

Privately sponsoring Syrian refugees a collaborative effort

If you want to become a refugee sponsor, here are the steps you need to take.

WHO CAN SPONSOR A REFUGEE?

Canadians can volunteer to support an individual or a family for one year. You can collaborate with friends, neighbours, colleagues, professional organizations and social clubs to commit the time and money required.

The website of Lifeline Syria, a refugee sponsorship group, recommends private sponsors join together in groups of five or more.

"You will need to work with others to share the tasks and support the refugee family to successfully settle here," the website states.

The Canadian government has temporarily exempted Syrian and Iraqi refugees from requiring refugee status before a group of five private sponsors can submit an application. In 1979, after the Vietnam War, 7,000 Canadian faith and community groups privately sponsored a total of

+ IN NUMBERS

Privately sponsored refugees will form around 40 per cent of the 25,000 people from Syria that the Liberal government plans to settle in Canada by February 2016.

29,269 refugees, thanks to a grassroots Toronto-based operation known as Operation Lifeline.

This number was out of a total of about 60,000 Indochinese eventually resettled in Canada.

COSTS, IN TIME AND MONEY

Government estimates place the

cost of settling an individual refugee today at around \$12,000. A family of four will need about \$25,000. Speaking to the Star in September, Lifeline Syria chairwoman Ratna Omidvar said she thought the estimates are conservative considering what the cost of living in the GTA amounts to. The organization's website puts the cost of housing a family of four at closer to \$27,000.

But Omidvar said the money rarely becomes a problem.

"People fixate on the money," she said. "Yes, you have to raise it, but that's not difficult. You have to commit the time. That is the real commitment from private sponsors." TORSTAR NEWS SERVICE



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Immigration Minister
John McCallum



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HAMILTON, ONT.

Dying wish granted: Hospital allows pets

Patients at a Hamilton, Ont., hospital can spend time with pets thanks to a unique initiative prompted by a woman's promise to her dying nephew.

Zachary's Paws for Healing was launched by Donna Jenkins and named for her nephew, who died last year after being diagnosed with Hodgkin's lymphoma.

Zachary Noble longed for a visit from his dog while at Juravinski Hospital and was allowed one with the help of his medical team. Before he died, Noble made his aunt, his caregiver, promise she'd work with the hospital to establish a program for companion pet visits.

"If it wasn't for the insight of that young man who was 25 years old and autistic to empathize with the other patients around him, this may have never happened," Jenkins said.

Many hospitals, including Juravinski, already have policies on pet visits, but the requirements are so arduous that they often aren't pursued, said Jenkins. That's where her organiza-



Grace Campbell and Cuddles at Juravinski Hospital. COURTESY THE HAMILTON SPECTATOR

tion comes in: "We do all the leg work, we do all the paperwork, we do all the contacting for the families."

After her nephew's death, Jenkins worked with a committee at the Juravinski Hospital to develop the program. It launched in September, initially only providing pet visits to patients in certain intensive and long-term care units. Two weeks ago, however, the program expanded to the entire hospital. THE CANADIAN PRESS

ENVIRONMENT

Paris summit may bring unified world response

The upcoming Paris climate summit won't result in a binding target for limiting greenhouse gas emissions below disaster-averting levels, the White House said Tuesday.

But it said the talks next week could still be a historic moment in the global fight against climate change, as it described its objectives in a media briefing.

The Obama administration said the summit will be a success if more countries agree to: limit emissions, report on their progress and set up a system that allows increasing rounds of emissions cuts over time to

keep temperature growth to 2C.

"That's important and unprecedented progress," said Paul Bodnar, senior director for climate change at the White House's National Security Council. "But (it's) still above the two-degree threshold the scientific community acknowledges is necessary to avoid the most severe aspects of climate change."

The UN climate panel says human civilization would suffer catastrophic consequences under a 4C temperature growth that would be caused by business as usual by century's end.

THE CANADIAN PRESS

Quebec construction deeply corrupt: Probe

CHARBONNEAU REPORT

Hells Angels, Mafia problem far-reaching, report reveals

The infiltration of organized crime groups into Quebec's construction industry is far worse than originally feared, Superior Court Justice France Charbonneau said Tuesday as she released her much-awaited report.

"This investigation confirmed that there was a real problem in Quebec and that it was far more widespread than we originally believed," Charbonneau said.

She said that the Mafia and Hells Angels worked their way deep into the industry, gaining access to public and private contracts and worker's pension funds.

"A culture of impunity developed," Charbonneau said, reading from a prepared statement.

The commission heard of bribes, kickbacks, assaults and even murder.

She praised the courage of some of the 300 witnesses who testified since the inquiry began hearing testimony in September 2012.

"Contractors revealed that they were the victims of threats, intimidation and assault," she said. "Their testimony took us to the heart of our mandate."

Charbonneau also sounded a hopeful note, and said that one of the five volumes of her report contains 60 recommendations on how to clean up the construction industry.

"This report tries to address the problems with concrete



Superior Court Justice France Charbonneau PAUL CHIASSON/HE CANADIAN PRESS

Contractors revealed that they were the victims of threats, intimidation and assault ... their testimony took us to the heart of our mandate. France Charbonneau

solutions," she said.

One key recommendation in the 1,600-page report is to set up an independent committee to decide on the awarding of government contracts.

Another recommendation is for better whistleblower protection.

"Whistle-blowing must not be seen as an act of betrayal," she said.

She noted that New York State has a False Claims Act, which makes companies and individuals liable for defrauding the government.

The report was posted online

Wednesday. Some of the testimony won't be made public because of publication bans, Charbonneau said. She did not take questions after delivering the prepared statement.

Charbonneau and her co-commissioner, former Quebec auditor general Renaud Lachance, did not have the power to assign guilt.

They were allowed to assign "blame" to companies and individuals in their examination of systemic corruption in the province's building industry.

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A Russian Su-24 takes off on a combat mission at Hemeimeem airbase in Syria. THE ASSOCIATED PRESS FILE

Turkey fires on warplane

GLOBAL INCIDENT

Putin calls destruction of Russian aircraft a 'stab in back'

Turkey shot down a Russian warplane on Tuesday that it said ignored repeated warnings and crossed into its airspace from Syria, killing at least one of the two pilots in a long-feared escalation in tensions between Russia and NATO. Russian President Vladimir Putin denounced what he called a "stab in the back" and warned of "significant consequences."

The shoot down, the first time in half a century that a NATO member has downed a Russian plane, prompted an emergency meeting of the alliance. The incident highlighted the chaotic complexity of Syria's civil war, where multiple groups with

clashing alliances are fighting on the ground and the sky is crowded with aircraft bombing various targets.

The pilots of the downed Su-24 ejected, but one was killed by Syrian rebel fire from the ground as he parachuted to Earth, said the Russian general staff, insisting the Russian jet had been in Syrian airspace at the time.

"Russia will never tolerate such atrocities as happened today."
President Vladimir Putin

One of two helicopters sent to the crash site to search for survivors was also hit by rebel fire, killing one serviceman and forcing the chopper to make an emergency landing, the military said.

A visibly angry Putin denounced what he called a "stab in the back by the terrorists' accomplices" and warned of "significant consequences" for Russian-Turkish relations. Hours later Foreign Minister Sergey Lavrov cancelled a planned visit to Turkey on Wednesday.

THE ASSOCIATED PRESS

EXPLOSION

Tunisia in state of emergency after 12 killed

Tunisia's president declared a 30-day state of emergency across the country and imposed an overnight curfew for the capital after an explosion Tuesday struck a bus carrying members of the presidential guard, killing at least 12 people and wounding 20 others.

The government described it as a terrorist attack. The blast on a tree-lined avenue in the heart of Tunis is a new blow to a country that is seen as a

model for the region but has struggled against Islamic extremist violence. Radical gunmen staged two attacks earlier this year that killed 60 people, devastated the tourism industry and rattled this young democracy.

No one immediately claimed responsibility for the attack against the presidential guard.

President Beji Caid Essebsi, who wasn't in the bus at the time, declared the state of

"I want to reassure the Tunisian people that we will vanquish terrorism."

President Beji Caid Essebsi

emergency and curfew on the Tunis region.

"I want to reassure the Tunisian people that we will vanquish terrorism," he said.

Police fanned out throughout central Tunis after Tues-

day's explosion, and ambulances rushed to the scene, evacuating wounded and dead. Top government ministers visited the scene of the attack after it was cordoned off by police. THE ASSOCIATED PRESS

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Join us on Wednesday, November 25 at 7:00 pm in Room H103 in the Senator Burns Building. Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, November 25 at 7:00 pm in Room E314 in the John Ware Building. Call 403.210.4076 or Email ict.telecom@sait.ca to confirm your attendance or for more information.

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A soldier patrols at the Christmas market along the Champs Elysees avenue in Paris.

MICHEL EULER/THE ASSOCIATED PRESS

Second bomb plot found in Paris raid

Paris Business district was next target: Prosecutor

The man believed to have planned the Nov. 13 Paris attacks that killed 130 people and wounded hundreds more had likely planned to carry out another suicide bombing days later in the French capital's business district, the Paris prosecutor said Tuesday.

Abdelhamid Abaaoud and an accomplice are believed to have been planning to attack La Defence on Nov. 18 or 19, Paris prosecutor Francois Molins said.

Abaaoud was among three people killed during a police raid on an apartment in a northern Paris suburb in the early hours of Nov. 18. His female cousin, Hasna Ait Boulahcen, died of asphyxia apparently

from the explosive vest detonated by a third person, who hasn't been identified, the prosecutor said. The explosion led to part of the apartment collapsing.

Molins said the unidentified third person is believed to have been the accomplice with whom Abaaoud would have carried out an attack on La Defence, the highrise district that is headquarters to major companies on the western edge of Paris.

The prosecutor said he "can't be, and doesn't want to be more precise" on the details suggesting such an attack had been planned. Information obtained on Nov. 19 suggested "that the two attackers — Abaaoud and the man we found by his side in the apartment — were planning an attack consisting of blowing themselves up at La Defence either on Wednesday

the 18th or Thursday the 19th," Molins said.

The Nov. 13 attacks in Paris, claimed by the Islamic State of Iraq and the Levant (ISIL), targeted people enjoying a Friday night out at a packed concert hall, a restaurant terrace, a café and a friendly soccer match between France and Germany.

In the hours after the killings, Abaaoud is believed to have returned to the sites of at least some of the attacks, including the Bataclan concert hall, even while special police forces were still there.

"The geolocalization of Abdelhamid Abaaoud's alleged phone between 22:28 p.m. and 0:28 confirms a presence in the 12th, 11th, and 10th districts, and notably near the Bataclan concert hall," Molins said.

THE ASSOCIATED PRESS

“The two ... were planning an attack consisting of blowing themselves up at La Defence.”

Francois Molins, Paris prosecutor

CONFLICT

United States and France to step up airstrikes against ISIL

In a show of Western solidarity, President Barack Obama and French President Francois Hollande vowed Tuesday to escalate airstrikes against the Islamic State and bolster intelligence sharing following the deadly attacks in Paris. They called on Russia to join the international efforts, but only if Moscow ends its support for

Syria's embattled president. "Russia is the outlier," Obama said during a joint White House news conference with Hollande.

Tuesday's meeting came hours after Turkey shot down a Russian warplane near the Syrian border. The incident underscored the complex military landscape in Syria,

where a sprawling cast of countries and rebel groups are engaged on the battlefield and in the skies overhead, sometimes with minimal coordination.

Obama said Russian cooperation in the fight against the Islamic State would be "enormously helpful."

THE ASSOCIATED PRESS



Seven killed in attack at Egypt hotel

MIDDLE EAST

ISIL in Sinai takes credit for fatal car bombing

A brazen militant attack involving a suicide car bombing and claimed by the Islamic State group targeted a hotel in

Egypt's restive northern Sinai region on Tuesday, killing seven people, including two judges, the state MENA news agency said.

The attack on the Swiss Inn hotel in the coastal city of El-Arish was the latest violence convulsing the troubled peninsula, where Egyptian troops are struggling to put down an Islamic insurgency. The attack was quickly claimed by the Is-

lamic State's affiliate based in Sinai.

The assault came a day after Egypt held the second round of parliamentary elections. Judges who supervised the vote in Sinai were staying in the heavily guarded hotel.

MENA's report said four policemen and a civilian were also among the seven killed, and that at least 10 people were wounded. The agency cited an

unnamed security official as it often does.

The Sinai branch of the Islamic State claimed responsibility for the attack in a statement posted by sympathizers on social media accounts. It said the attack was carried out by two militants: the suicide car bomber and a gunman, who is alleged to have opened fire inside the hotel before blowing himself up. THE ASSOCIATED PRESS



Emergency personnel and security forces stand next to ambulances outside the Swiss Inn hotel in the Egyptian town of El-Arish following an attack on the hotel Tuesday. AFP/GETTY IMAGES

ISRAEL

No U.S. recognition of settlements

A new spat emerged between the Israeli government and Washington over Jewish settlements on Tuesday, as U.S. Secretary of State John Kerry visited Israel and the West Bank for the first time in more than a year.

As Kerry set aside his goal of a long-sought peace accord to make way for more modest hopes of an end to two months of deadly violence, Israeli Prime Minister Benjamin Netanyahu called for the recognition of some existing settlement blocs in exchange for steps to ease tensions with the Palestinians.

In Washington, the State Department quickly rejected any suggestion the U.S. would alter its longstanding opposition to settlements or recognize them as legitimate outside of a peace agreement.

There were no signs that Kerry made headway in easing tensions during his meetings with Netanyahu and Palestinian President Mahmoud Abbas.

Alongside Netanyahu, Kerry noted Israel's obligation to defend itself from "attacks in the streets with knives, with scissors, with cars." When he met Israeli President Reuven Rivlin, he said the shootings and stabbings were a "chal-



U.S. Secretary of State John Kerry JACQUELYN MARTIN/THE ASSOCIATED PRESS

lenge to all civilized people."

None of the leaders themselves offered any encouragement that peace might be possible right now.

"There can be no peace when we have an onslaught of terror, not here, not anywhere else," Netanyahu said.

The Palestinians and the international community, including the U.S., reject all settlement activity as illegal or illegitimate. The official said Israel would not agree to any freeze in settlement construction. The Palestinians seek all of the West Bank, captured by Israel in 1967, as the heartland of their future state.

THE ASSOCIATED PRESS

“There can be no peace when we have an onslaught of terror, not here, not anywhere else.”
Israeli Prime Minister Benjamin Netanyahu

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IN BRIEF

Not enough grads have the right skills: CIBC head

Canada's post-secondary institutions are not producing enough graduates with the right skills to drive future economic growth, CIBC's CEO said.

Victor Dodig said Tuesday the country lags among its international peers when it comes to teaching disciplines that are increasingly important for innovation, such as math, science, and engineering.

THE CANADIAN PRESS

Emails reveal Coke's role in anti-obesity group

A non-profit founded to combat obesity says the \$1.5 million it received from Coke has no influence on its work.

But emails The Associated Press has obtained reveal Coca-Cola Co. helped pick the Global Energy Balance Network's leaders, edited its mission statement and suggested articles and videos for its website.

THE ASSOCIATED PRESS



People shop in a nearly empty arcade in the centre of Brussels on Monday. The lockdown imposed on the Belgian capital includes its subways and schools, which are to re-open Wednesday. VIRGINIA MAYO/THE ASSOCIATED PRESS

Brussels lockdown hits businesses hard

SECURITY ALERT

Some owners say measures too dramatic, cut into profits

Belgium may be famed for its beer and chocolate, but the lockdown imposed on the capital because of the highest-level security alert is leaving a bad taste for many businesses.

While few doubt the government's need to protect the public from a Paris-style attack — which officials have

warned is a "serious and imminent" threat in Brussels — some shop owners say the attempts to shut down the city are too drastic.

Many shopping centres have been largely deserted since the threat alert was imposed Saturday.

"It's not a very good decision," Esther Willems, assistant manager at the Galler chocolate shop in Brussels' city centre, said of the lockdown in the capital. "In the last two days, we have only had about 10-11 clients." Normally, they would have around 100.

With many shops closed in

“It's not like terrorists are just walking around the streets here.”

Esther Willems

downtown Brussels, Rachel Van der Veken's Maxi-Bagi cafe sandwich shop was one of the few still open.

"If I stay at home and accept this situation, it's like I accept what the terrorists are saying," she said.

Still, Van der Veken said she had zero customers on Saturday. Since then, her normal takings have been cut in half but she acknowledged it was impossible to say whether Belgian officials are overreacting.

"You can never say it's too high a cost because you have to protect your people, but why didn't they act before Paris? They knew there was always this threat."

The Belgian government says the threat alert will remain in place until Monday unless there is a significant development.

THE ASSOCIATED PRESS

WATER

UAE in danger of drying up

While skyscrapers and gleaming towers rose with lightning speed across the United Arab Emirates over the past two decades, the Gulf nation's thirst for water grew at an enormous rate — so much so that today, it threatens to dry up all of the country's groundwater in as little as 15 years, experts say.


To quench that demand, cities across the seven emirates that make up the UAE rely on desalinated seawater to supply 98 per cent of their drinking water, but that comes with a huge environmental and fiscal cost. Now, officials are looking at new technologies to cover that demand, while acknowledging the risks ahead.

"In our region, water is more important than oil," said Ahmad Belhouli, CEO of Masdar, the Abu Dhabi government's clean-energy company. "We're trying to find solutions to address that."

While the Emirates rose on its oil wealth, the riches spurred the development that strains the water supply in this desert nation. An academic paper published earlier this year by scientists at the United Arab Emirates University in Al Ain, suggested the country's entire supply of groundwater could be gone by 2030.

Currently, groundwater accounts for 44 per cent of all water consumption in the UAE, though much of it goes toward irrigation for farming, according to a report by the Ministry of Environment and Water.

THE ASSOCIATED PRESS


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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Dear Ellen,

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Katie in Ottawa

Dear Katie,

When it comes to being on someone else's turf, or inviting someone on to yours, there can be a fine line between polite behaviour and being a doormat.

Take the dinner party, for example. Should I tell a guest to stop talking with his mouth full and stuff my napkin in his gob the next time he laugh-spits half-chewed pasta particles onto my spectacles? Never. As a gracious hostess, I must smile through bits of flying food as if this masticating monster is the most charming man who ever graced my table. Then, if forced to invite him again, I would simply seat him far away, in the section reserved for drunken slobs and boring egomaniacs. Since all these specimens are completely oblivious of everyone else, and therefore immune to the kind of torture each one of them inflicts, I consider this to be a fair and tactful solution for all concerned.

Similarly, if you're invited to someone else's home, and it's a filthy, stinking mess, you have no choice but to choke down whatever is on offer, and then check yourself in for medical

tests the next day if you're not feeling well.

None of this hostess-guest etiquette, however, applies to taxis, or restaurants, or any other transactional business where you are paying good money for a product or service, and your peace of mind and possibly health are at risk.

With a filthy taxicab, you have several options.

- Back away from the car, with or without an explanation ("I just remembered, I'm allergic to vinyl").
- Decline the service with an honest explanation: "Your cab is dirty and smells terrible. I think I'll

wait for another one."

- Get into the cab if you can't wait for another one, and suffer in silence.

- Get into the cab and decline to tip when you reach your destination, though in this case, you do owe an explanation: "I'm sorry, but the state of your cab doesn't warrant a tip."

If the cab is actually a health hazard, or you need to redirect it to the nearest dry cleaner in order to get the smell off your clothes, you should not only say something, you should snap a pic of the operating licence and make a complaint, either to the taxi company or your city's licensing body, or both.



Ani Castillo

If the driver of your rolling garbage dump is an owner who wants to stay in business, they need to up their game.

metroview

Men are made into weapons of war. They need protection, too.



Genna Buck
Metro | Toronto

Canada's decision to limit the Syrian refugees we're accepting to women, children and families for now (no unaccompanied men) makes me so angry. It's unfair. It's blind to the realities of war. And it might even aid ISIL.

To begin to see this issue clearly, we first need to ditch the dehumanizing language.

"Unaccompanied" sounds ominous. A one-man sleeper cell. How about "alone"?

Alone, because his entire family is among the quarter-million who've perished in the conflict. Alone, because he got separated from relatives and friends. Alone, because his loved ones are too sick or old or disabled to travel. War has a way of scattering people.

Syria's men and women both deserve protection: While women's bodily autonomy is often the first casualty of war, men's bodies are the weapons. President Bashar al-Assad's weapons. ISIL's weapons.

This is an especially dirty war, with atrocities on all sides. It's very difficult for Syrian men to avoid being swept in — either conscripted into Assad's forces or lured, by intimidation or intoxicating rhetoric, into armed groups like ISIL.

We like to think people who kill innocents and perpetrate war crimes are alien and evil to the core, but history shows almost anyone can be pressed into doing almost anything in the right circumstances.

Just ask any of the millions of men who walk the streets of Kampala, of Sarajevo, of Bue-

nos Aires, and more, haunted every day by the ghosts of war. I lived for a few months in Rwanda, where hundreds of thousands of men wake up daily and face the fact that they once took machetes to dozens of their neighbours.

In another time and place, the young, able-bodied men in my life could be called to take up arms. My movie-buff friend. My 23-year-old fitness-fanatic brother. My cousin, forced to turn his rifle sights from ducks onto human beings. I'd do anything to spare him — to spare any of them — from that.

Toronto immigration lawyer Guidy Mamann told Metro that disqualifying young men is the only way to screen the promised number of refugees within the government's deadline (since extended by two months) and keep the security threat manageable. If we really don't have time to evaluate each case individually, maybe we do need to slow down.

Because when the federal government describes unaccompanied men as "security risks," they're really saying, "It doesn't matter who you are, it doesn't matter what your story is, we know enough about you to know you're dangerous."

Even if it's legal in this context, discriminating based on gender is not who we are. The Charter of Rights and Freedoms is Canada's vision for a just world. We should aspire to live up to it always, especially when no one is making us.

If, like me, you value peace as an end in itself, then pressure our leaders to welcome Syrian refugees who qualify to Canada, regardless of their gender or family status.

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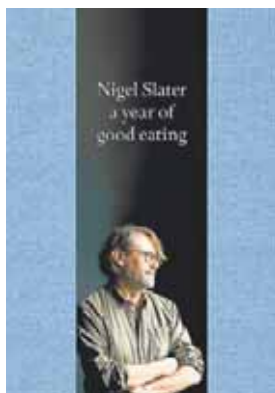
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BOOK EXCERPT A YEAR OF GOOD EATING BY NIGEL SLATER

Steak, Stilton and thyme pie



A Year of Good Eating is the third instalment of English food writer Nigel Slater's Kitchen Diaries series.

In this one, he looks at culinary delights over the course of a year through diary entries, stories and recipes.

The book contains more than 250 recipes. Here's one that is perfect for the holiday season.

The cut of beef is up to you. It gets a good couple of hours' cooking, so could be a cheaper cut such as shin, or one of the less expensive of the steaks, such as rump. Many butchers and supermarkets sell usefully ready-cubed meat especially for such recipes.

Ingredients

- Groundnut oil — a little
- Beef, cubed — 1kg
- Small shallots — 10
- Carrots — 300g
- A rib of celery
- Plain flour — 2 tablespoons
- Marsala — 200ml
- Beef stock — 1 litre
- Thyme — 8 sprigs

For the shortbread crust:

- Plain flour — 250g
- Butter — 75g
- Parsley — a large handful
- Stilton — 80g
- Thyme leaves — 1 teaspoon
- Egg yolks — 2
- Water, to mix

Directions

Warm a couple of tablespoons of oil in a deep casserole dish over a moderately high heat, add a third of the beef and brown on all sides, then remove and continue with the rest of the meat. By doing it in two or three batches you avoid crowding the pan, allowing the meat to brown more effectively.

Peel and halve the shallots, roughly chop the carrots, then add both to the pan, with a little more oil if need-



Food writer Nigel Slater also art directs his books.

ed, browning gently and evenly. Slice the celery into thin pieces and add to the pan, but don't let it brown.

Return the beef to the pan, together with any juices that may have escaped. Scatter over the flour, continue cooking for a minute or two, then pour in the Marsala and the beef stock and bring to the boil. Season with salt and pepper, tuck in the thyme

sprigs, then lower the heat and simmer, very gently, for almost two hours, till the beef is tender. Leave to cool a little whilst you make the crust.

For the crust: put the flour into a bowl, add the butter, then rub together until you have the texture of coarse, fresh breadcrumbs. Chop the parsley roughly. Add the crumbled Stilton, the chopped parsley and thyme

leaves to the flour and butter and rub gently to fine crumbs.

Mix in the egg yolks and enough water to make a soft but rollable dough. Set the oven at 200°C/Gas 6.

Cut the dough in half. Roll one half to the diameter of the casserole dish, then place on top of the beef. Cut a hole or small slit in the centre to let the steam out. Shape the other half into a 20cm disc,

place on a baking sheet, prick the surface with a fork, then score into six segments, as if you were slicing a cake.

Bake the pie and the separate crust for twenty-five to thirty minutes, till golden brown. (Keep an eye on the disc of crust — you may need to remove it before the pie is ready.) Serve the pie with wedges of the extra crust for those who want it. For four.

ALL PHOTOS CONTRIBUTED

RECIPE EXCERPTED WITH PERMISSION FROM A YEAR OF GOOD EATING: KITCHEN DIARIES III BY NIGEL SLATER, HARPERCOLLINS, \$44.99

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What does it mean when guys eat more?

WORD OF MOUTH

Men dominate eating contests, holiday-dinner extra helpings

Theresa Albert
For Metro Canada



Do you know that a man is more likely to overeat in the presence of women? The theory is that they do it to impress the opposite sex. According to a new study published in the Journal of Evolutionary Psychological Science at Cornell University, men consumed 92 per cent more when in the presence of women but not when in the presence of only other men. Women eat exactly the same regardless of who they were with. Here are some ways you can spot the phenomenon in action:

- The macho effect is at play when junk food companies introduce the next double



A study says that men eat 92 per cent more when in the presence of women. ISTOCK

down, super huge, extra bacon and uber deep fried "snack." It appeals to mostly young men who feel invincible and who can handle the calories

- Eating contests at state fairs, company picnics and on YouTube are overrepresented by males. Men tend to enter these contests more often, win these contests most often and attend or watch the caveman behaviour most often. (This calls into question the theory of them doing so to impress women...)
- The holiday table you are

about to enjoy. Take a casual look around at the heap on the plates in your life. Whose is higher? Who goes back for more?

In the never-ending quest for answers on the obesity front it is up to you to decide where this piece of the pie this information fits.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

FOOD BRIEF

Mancan wine gets skewered on the Internet
Mancan: It's wine. In a can. For a man.

Because sometimes, sidling up to a bar, asking for a Pinot Grigio, and holding a glass of wine by the stem while buddies are chugging back beer can be emasculating, an entrepreneur decided to put wine in a can and allow his fellow wine-loving homies to enjoy the taste of red fruits and tannins while grunting about sports.

The marketing gimmick has generated no small amount of buzz with some camps skewering the product:

- "This isn't wine in a can. This is #MasculinitySoFragile in a can."
- "Actually #ManCan, I'm quite OK with stemware. And my masculinity too." AFP



INTANGIBLE CULTURAL HERITAGE

N. Korea wins back pride in kimchi war



North Korea has applied to have its kimchi get the same official UNESCO status as its South Korean counterpart. ISTOCK

North Korea scored a major victory in the kimchi wars Monday when the UN all but elevated its pickled vegetables to the same lofty status as its southern neighbour's spicy capitalist cabbage.

Pyongyang suffered a blow to its prestige two years ago when South Korea's kimchi — a favourite dish made mostly from fermented cabbage — was added to UNESCO's prestigious list of the world's "intangible cultural heritage." Not to be outdone, the north is now on the brink of getting the same classification for its own communist kimchi.

The fiery, often strong-smelling foodstuff can provoke

equally strong emotions, with fierce rivalry between regions, communities and even families over whose kimchi is superior.

"Koreans share experience among themselves to make delicious kimchi according to season, while helping each other with raw materials and in preparation," UNESCO said as it confirmed the inclusion of the Democratic Republic of Korea's "red kimchi" on a list of nominations to be rubbers-tamped at a meeting next week in Namibia.

Seventeen other folk, dance, song and artisanal traditions are also set to receive UNESCO help and protection. AFP



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BOOK EXCERPT GAME OF SCONES BY JAMMY LANNISTER

Oberyn's Smashing Surprise



Deliciously clever, witty and tasty, *Game of Scones: All Men Must Dine: A Parody* (HarperCollins) features a series of edible recipes inspired by some of the shocking events that took place during the first five seasons of the popular HBO series.

Enjoyed seeing Bran Stark being carried all over the place by Hodor? There is a muffin for you. Relished seeing Jaime Lannister's hand cut off? There is a jam-filled cookie you can bake — and then mutilate. Is Daenerys Targaryen your pick to take the Iron Throne? You can recreate her unsullied soldiers as ladyfinger biscuits, without nuts, obviously.

Who is behind these pun-filled confections? A superfan of the series, and of baking, who goes by the pen name of Jammy Lannister.

So — as the book asks — “Arya hungry?”

The following is a recipe for Oberyn's Smashing Surprise, a chocolate and jam treat inspired by the horrific scene where Oberyn Martell's head is crushed by The Mountain.

EXCERPT OF GAME OF SCONES: ALL MEN MUST DINE: A PARODY, BY JAMMY LANNISTER IS PRINTED WITH THE PERMISSION OF HARPERCOLLINS.



An explosion of chocolate and fruit that serves a gruesome reminder to always finish your dinner before walking away. **Feeds 8**

Ingredients

- 1 punnet fresh raspberries (Ed. note: a punnet is a small basket)
- 100g chocolate egg, about 12 cm tall
- 1 packet strawberry or raspberry jelly
- 100g butter, softened
- 175g icing sugar, sifted
- Black and red food colours
- A handful of cashew nuts

Directions

1. Cut the raspberries into mashed-brain-sized pieces.
2. Take the chocolate egg and, using a knife, cut a small hole in the top of the egg towards the back.
3. In a jug, make up the jelly as directed on the back of the packet and stir in the raspberries (you should have expected this recipe to be a little fruity), putting it aside to cool.
4. Meanwhile, beat the butter and

icing sugar together until fluffy. Keeping back a very small amount for the tongue, colour the butter cream with black food colour. Colour the remaining amount red.

Transfer the black icing to a piping bag fitted with a plain nozzle and add hair and features to the egg. Fill in the tongue with the red icing using the tip of a knife.

5. Crush the cashew nuts using a large knife and with leftover icing attach them to the mouth to look like teeth.

6. Once cooled and just beginning to set, carefully pour the jelly into the head and leave to set.

7. To serve, place your thumbs in the egg's eyes, allowing them to melt the chocolate a little before pushing through and crushing the egg to reveal the jelly inside.

8. As the chocolate face gives way beneath your hands, loudly confess to your hideous crimes and watch as your guests quietly make towards the door.



LIQUID ASSETS

Softer spicy Jäger gets the nog

Peter Rockwell
For Metro Canada



When you're in the booze business the temptation to not leave well enough alone can be nearly impossible to ignore.

In recent years, both liqueur and mainstream spirit companies, eyeing the success of flavoured vodka, have taken to adding just about anything to their classic recipes to stay relevant.

With its syrupy blend of 56 herbs, blossoms, roots and fruits, Germany's Jägermeister has re-

mained one of the last liqueurs without a spinoff. That is, until now.

Jägermeister Spice (\$23.98-\$32.25) is a limited edition out for the holidays that “newly arranges” the original version's components, while adding cinnamon and vanilla to the mix.

At 25 per cent alcohol by volume (10 per cent less than the original), it's a softer, gentler Jäger that's meant to be sipped at room temperature rather



er than shot ice cold like its bigger brother.

Its eclectic spiciness makes a great addition to eggnog, though adding a splash of dark rum or American whisky as well will make your season brighter.

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A lighter cassoulet for the everyday

RECIPE

Rich French food gets slimmed down with substitutes

If you've ever spent any winter time in France, you've undoubtedly indulged in the ultimate comfort food of the French — cassoulet.

Yes, white beans are the main ingredient, but a proper cassoulet is loaded with fatty sausage, pork, duck fat, garlic, onion and salty-silky duck confit. In short, it's a hefty dish.

In regular life, you need a version that evokes some of that comfort, without quite so much heft.

The secret lies in roasting the garlic and slow-cooking the onions, which lends a sweetness that mimics some of the roundness of the (now-missing) duck fat. Smoked paprika boosts the smokiness of thick-cut bacon, so the whole dish needs only a couple slices. Chicken thighs impart richness and cubes of pork tenderloin add meaty heft.

And a completely unconven-



Smoked paprika boosts the smokiness of thick cut bacon, so you only need a couple slices in this version of cassoulet. This recipe serves six. THE ASSOCIATED PRESS

tional add? Soy chorizo, because it gives depth of flavour and a fatty mouth-feel for about a third the fat of traditional sausage.

Lightened Cassoulet

Prep time: Start to finish: 2 hours (1 hour active)

- 6 boneless, skinless chicken thighs, patted dry
- Kosher salt and ground

- black pepper
- 5 cloves garlic
- 2 slices thick-cut bacon, cut into small lardons
- 2 to 3 Tbsp olive oil
- 1/2 lb pork tenderloin, cubed and patted dry
- 1 large yellow onion, chopped
- 1 stalk celery, finely chopped
- 2 medium carrots, finely chopped

- 1 medium tomato, chopped
- 4 oz soy chorizo, casing removed
- 1/2 tsp smoked paprika
- 2 tsp herbes de Provence
- 1 cup dry white wine
- 1/2 to 3/4 cup beef stock
- 3 cups cooked Navy beans (rinsed if canned)
- 2 bay leaves
- 1 Tbsp butter, melted

- 1/2 cup seasoned panko bread crumbs

Directions

1. Salt and pepper the chicken thighs, then set aside.

2. Place the peeled cloves of garlic and 2 Tbsp of water in a glass measuring cup. Cover with plastic wrap (allowing a vent), and microwave for 1 minute, or until the garlic is fragrant and softened a little. Set aside.

3. Meanwhile, in a large Dutch oven over medium-high, heat 2 Tbsp of the olive oil. Add the bacon and cook until crispy. Remove the bacon from the pan and set aside, leaving the fat in the pan. Add the pork tenderloin cubes and brown just until golden on all sides, about 3 minutes. Remove the pork from the pan and set aside. Add the chicken thighs and brown until golden all over, about 10 minutes total, then remove and set aside.

If there is not enough fat still in the Dutch oven, add another tablespoon.

4. Add the onions and reduce heat to medium-low. Cook until tender, about 10 minutes, then

reduce the heat to low and continue cooking until the onions are nicely caramelized, about another 10 minutes.

5. Heat the oven to 350 F. Increase the heat under the Dutch oven to medium-high. Add the celery and carrots and cook for an additional 5 minutes. Chop the garlic and add it along with the tomato, soy chorizo, smoked paprika and herbes de Provence, then cook until very fragrant and the tomatoes have softened, about 5 minutes.

6. Increase the heat to high and deglaze the pan with the wine and beef stock, allowing it to bubble and reduce for 3 minutes. Return the bacon and pork to the pan, then add the beans and bay leaves and stir to combine. Nestle the chicken (and any juices) into the beans, then cover the pan and bake for 30 minutes.

7. In a small bowl, toss the butter and breadcrumbs. Remove the cassoulet from the oven, uncover, sprinkle with the breadcrumbs, then return to the oven and cook, uncovered, for another 20 minutes. Let cool a little before serving. THE ASSOCIATED PRESS

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Kitchen trials of a MasterChef judge



Graham Elliot lost an impressive amount of weight since undergoing a gastrectomy and changing his approach to eating. CONTRIBUTED

MASTERCHEF

Weight loss altered how Elliot prepares everyday meals

Melita Kuburas
Metro | Canada



In person, chef Graham Elliot, of TV's MasterChef fame, looks different.

He's not wearing his usual bow tie, button-down shirt and vest, nor is he wearing a chef jacket. The white frame Ray Bans glasses, however, are unmistakable.

We meet on this unusually balmy October day in Toronto to talk about his first book, *Cooking Like a Master Chef* — his elevated take on foods "that everyone has had before," he explains — stroganoff, pot roast, scallops, and caesar salad for example.

Sporting a red hoodie over a black T, jeans and red Converse sneakers, Elliot is feeling under the weather, slumped into the couch, his voice scratchy. But like his "jolly" TV persona, he's gracious and polite, even when we discuss his very apparent weight loss since he first shot to fame.

Elliot, who had vertical sleeve gastrectomy in 2013, used to

weigh 400 lbs, has now dropped to 250. He says that while this is not a diet book, the 100 recipes here are not the same as they would have been five years ago.

"I think maybe (my lifestyle) was reflective in the food that I did where it was like, 'let's put a bunch of pop rocks on top of this! And maybe garnish this with chocolate sauce!'"

There are still indulgent dishes in the book, he says, "but it doesn't mean that I have to sit there and personally eat it all, too."

Like for many chefs who work crazy long hours in a stressful environment, he used food as a crutch, he says. It's ironic that he would put so much love and thought into food he made for other people, but none of the care into his own meals.

"I would take \$20/lb filet mignon, serve it, roast it, glaze it in butter and herbs, slice it thin in a beautiful potato purée and at the end of the night I realize I haven't eaten in eight hours. So I would take all these burnt pieces of the filet that were leftover and squash it between a bun and that's my dinner, at three in the morning," he says.

His surgery, which made his stomach smaller, thereby limiting his daily caloric intake, didn't really have an impact on food prep he says. That's where expertise (he's been in the business

for 20 years) comes in.

Take for instance the Maple-Bourbon Glazed Scallops with Butternut Squash and Swiss Chard (pg. 113), which he knows is going to have similar components to a butternut squash bisque with sliced raw scallop over the top, for instance.

"I know that that means it's going to be a soft silky texture, it's going to be naturally sweet, and I'll need something acidic to cut through the richness of the soup. You don't have to go and spoon up and taste everything in the world. You'll just taste it to make sure it's seasoned right," he says.

FOOD

Everyday recipes

This book is aimed at the MasterChef viewer, the 20- to 50-year-old demo, people who are starting out as foodies, he says. It's not for the super elite, people who want to eat at 3-Michelin Star restaurants and make food with tweezers.

"It's the opposite of that. It's the people who like to cook at home and want to learn how to do it and maybe helping guide them along."

RECIPE CHEDDAR CHEESE RISOTTO

Serves 4 to 6

Prep time: About 35 minutes, plus drying and resting
Cooking time: About 1 hour

Bacon Powder

- 4 slices thick-cut bacon, chopped into small pieces

Apple Garnish

- 2 Gala or similar firm, sweet apples, peeled, cored, and julienned (reserve the apple peelings)
- 2 Tbsp fresh lemon juice
- 1 cup grenadine
- 1/2 cup apple cider vinegar
- 1/4 cup packed brown sugar

Glazed Onions

- 2 Tbsp unsalted butter
- 2 cups peeled pearl onions
- 3 Tbsp hard cider

Risotto

- 2 Tbsp olive oil
- 1 cup minced onions
- 2 cups arborio rice
- 3 cups dry white wine
- 4 oz Wisconsin cheddar cheese, shredded (about 1 cup)
- 2 oz mascarpone (about 1/4 cup)
- Salt and coarsely ground black pepper
- 1 bunch chives, finely chopped, for garnish

1. For the bacon powder, in a small frying pan, slowly cook the bacon over medium-low heat. Spoon the fat off and discard as the bacon cooks. When the bacon browns, use a slotted spoon to transfer the bacon to a fine-mesh sieve or chinois to drain a little more. Spread the bacon pieces on paper towels and allow the bacon to air-dry for 2 to 3 hours.
2. Grind the bacon pieces in a spice or coffee grinder. Spread the powder on paper towels and let it air-dry for at least 6 hours. The powder can be made up to 2 days ahead and stored in a lidded container at room temperature until ready to use.



3. For the apple garnish, in a small bowl, toss the julienned apples with the lemon juice. Add some cold water to cover the apples and set aside for up to 4 hours.

4. In a small saucepan, combine the grenadine, vinegar, and brown sugar with the reserved apple peelings. Bring to a boil over medium-high heat, reduce the heat, and simmer for about 5 minutes, or until the syrup has reduced to the consistency of honey. Transfer the syrup to a blender and puree until smooth. Set aside until needed.

5. For the glazed onions, in a large sauté pan, melt the butter over medium-high heat. When hot, cook the pearl onions for about 15 minutes, or until browned and tender.

6. Add the hard cider, reduce the heat to medium, and cook for about 30 minutes longer, or until the onions are cooked through. Lift the onions from the cooking liquid and set aside, covered to keep warm, until needed.

7. For the risotto, in a large saucepan, bring about 3 cups of water to a boil. Reduce the heat so that it's barely simmering but is very hot.

8. In a large, deep pot, heat the oil over medium-high heat and sauté the minced onions for 4 to 5 minutes, or until translucent. Add the rice and stir with a wooden spoon to mix well with the onions. Cook for 5 minutes

longer.

9. Reduce the heat to medium-low and add 1 cup of the wine, stirring the rice and wine continuously with the wooden spoon. When the first cup of wine has been absorbed by the rice, add another cup. Stir the rice and wine, and add the final cup of wine when the rice has absorbed the second cup. As you stir, the rice will release its natural starches, which help absorb the liquid.

10. Begin adding the hot water in 1/4-cup increments, stirring all the while. When you have added about 1 cup of the hot water, start tasting the rice and when it's al dente and has a little toothiness, stop adding water. This entire process should take about 20 minutes. Keep the hot water on the stove.

11. Add the cheddar and mascarpone to the hot risotto. Stir to allow the cheese to melt into the rice. Gently stir in the glazed onions. Season with salt and pepper. (Make sure you use enough pepper, which helps cut through the flavors of the dish.)

12. Divide the risotto among four to six serving plates or shallow bowls. Drain and pat dry the julienned apples and garnish each serving with the apples, chives, and bacon powder. Spoon the pureed apple peelings around the outside of the dish.

EXCERPT OF COOKING LIKE A MASTER CHEF: 100 RECIPES TO MAKE THE EVERYDAY EXTRAORDINARY, BY GRAHAM ELLIOT IS PRINTED WITH THE PERMISSION OF ATRIA BOOKS.

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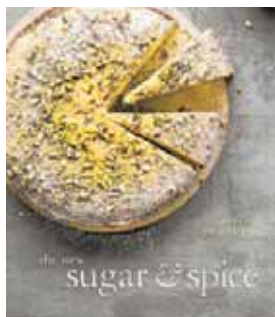
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7 BEST FOOD BOOKS OF THIS YEAR

Have you ordered your copy of the latest five-ingredient-paleo-gluten-free-Nordic-kale smoothie cookbook yet? No? You know why? Because nobody actually eats that way — just don't tell the publishing industry. Here's a list of books about food that are actually useful, inspiring and interesting. **THE ASSOCIATED PRESS**

The New Sugar and Spice

Samantha Seneviratne has a fresh approach to what can feel like a tired niche — the baking book. She organizes her beautifully photographed cookbook by spice, so chapters are sorted by cinnamon, nutmeg, vanilla and so on. It's a different way to peruse — and be inspired by — a baking book. **Ten Speed Press, \$27.50**



Olympia Provisions

Elias Cairo is a bit of an icon in the food world, particularly on the Portland, Ore., scene, where his Olympia Provisions has become a revered institution. What started as a salumeria has morphed into a mail order business, two restaurants and now a book. Are you likely to tackle its three-page recipe for homemade chorizo? Probably not. But you will LOVE the centerfold spread of 19 creative ways to dress hot dogs. **Ten Speed Press, \$40**



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What Katie Ate on the Weekend

There is a growing genre of cookbooks that seem to exist mostly to let you know that the authors' lives are more delicious than your own. Katie Quinn Davies is right at home here, but I was drawn to her book anyway. I want her recipes, even if I have to wade through dozens of pages of lifestyle photos to get to them). **Viking Studio, \$40**



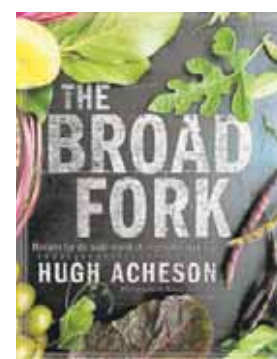
Milk Bar Life

If What Katie Ate on the Weekend is all about aspirational eating, Christina Tosi's book is dedicated to embracing your grubby inner child. Deliciously so. As the pastry chef and owner of Momofuku Milk Bar, she made a name for herself with crazy good creations like compost cookies, crack pie and cereal milk ice cream. Her latest book pulls her more into savory territory. **Clarkson Potter, \$35**



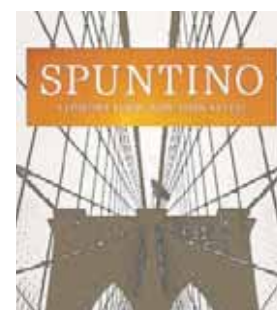
Kitchen Hacks: How Clever Cooks Get Things Done

The folks at Cook's Illustrated magazine have long collected kitchen tips and hacks from readers — the original culinary crowdsourcing. Now they've gathered their top 1,000 tips into one book (perfectly sized for stuffing in stockings). Nicely organized by circumstance (such as cleaning, food storage and how to transport things), the book is an amusing collection of ways to help you get the job done. Ideas include how to tame the tears when chopping onions (burn a candle), what to do when avocado pits get stuck on your knife (tap it on the counter) and how to pit olives using an upside down funnel (you'll just have to see that one for yourself). There also are some easy recipe hacks, including my favourite — how to use dry sherry, vanilla and liquid smoke to improve the flavour of cheap bourbon. **America's Test Kitchen, \$19.95**



The Broad Fork

This is Southerner-by-way-of-Canada Hugh Acheson's gorgeous ode to produce, and it is seriously inspiring. As in, the man makes a bowl of kohlrabi puree look decadent. Blissfully, the book isn't vegetarian, but it does show you how to truly enjoy your veggies. Organized by season, then by vegetable, the book guides the reader through simple — yet sensual — ways to eat more plants. **Clarkson Potter, \$35**



Spuntino: Comfort Food (New York Style)

A London restaurateur idealizing New York City food and drink? Sounds like doomed carpetbagging. But Russell Norman captures if not a Big Apple vibe, at least a taste of comfort you will crave. The book, named for Norman's London eatery, is a gorgeous romp through visceral recipes you will crave. **Bloomsbury, \$45**

Long cold bison sows oats tech way

BIODIVERSITY

After 35 years, frozen sperm gets some zoo-assisted action

When it comes to species on the verge of extinction, technology is replacing the birds and the bees.

The Toronto Zoo announced this summer that the sperm, stored in liquid nitrogen since 1980, had been used to artificially inseminate a female bison last October.

She produced a healthy male calf in late July. To the zoo's knowledge, that success set a new mark in zoological science, for the longest-stored sperm to produce a successful birth in a zoo species.

"We were joking the calf should be called Olaf, because it had been frozen for so long," said a teasing Dr. Gabriela Mastromonaco, the zoo's curator of reproductive programs and research, with a reference to the popular children's movie Frozen.

We spoke with Mastromonaco, the Toronto Zoo's curator of reproductive programs and research, to learn the importance of having sex down to a science.

This interview has been condensed and edited.

Congrats on your baby bison success story!

I remembering telling everyone on the day of the insemination: "It is what it is, and we may not get any babies."

I thought the odds were against us.

So how exactly is the, uh, genetic material, collected?

Animals that can't be safely restrained need to be under anesthesia for the protection of both the animal and the worker. It's not exactly dinner talk, but since the animal has to be asleep, one of the ways we collect is by electro-ejaculation.

Once the sample is obtained, we put it in a solution called a semen extender. Then it is frozen properly. The genetics (DNA) will be as good today as they are 50 years from now.

Let's talk about the little guy, how's he doing?

The calf has already passed its newborn checkup and is right on target for growth rate and activity level.



A wood bison calf was born at the Toronto Zoo after his 10-year-old mother was artificially inseminated with 35-year-old sperm. TORSTAR NEWS SERVICE

He is still nursing and will for quite a while. His mom is a bit older (age 10) and experienced; she has been a mother before.

I tried to put all my eggs in the best basket because the 35-year-old sperm is so valuable.

Speaking of mom, is she enjoying the new responsibility?

She's a great mom.

Right now, they're inseparable. Typically, bison moms are quite protective. Even though the species is fairly silent, those with babies tend

to grunt a lot to keep others from getting too close.

Why use old sperm in the first place?

We need to capture as many genes as we can; increased diversity in the wild means it is more likely the population

will survive.

The animal the sperm was collected from 35 years ago is probably dead. Its offspring is probably dead. This is a way of bringing back those genes into the population.

Wood bison are having a hard time in the wild right now. How so?

Wild herds have tuberculosis and brucellosis. These chronic diseases can lead to death and affect the animal's ability to reproduce. As a result, the population is unsustainable.

Despite Parks Canada's investment since the 1980s, really what was a huge effort, we still have not been able to clear ourselves of the problem.

What does this success mean for other threatened species around the world?

I think it validates the role of biobanks (a repository for frozen cells such as sperm and embryo samples) because they face criticism for seeming too farfetched. But this proves that wildlife biobanking is truly a strategy for preserving genetic diversity because we can bring samples back.

TORSTAR NEWS SERVICE

REPRODUCTION

Technology aids other wild species under threat

Reproductive technologies such as artificial insemination and semen cryopreservation are methods being used to preserve biodiversity among threatened and endangered species.

TORSTAR NEWS SERVICE



THE ASSOCIATED PRESS

GIANT PANDAS

Smithsonian's National Zoo and Conservation Biology Institute in Washington, D.C. made headlines this summer following the birth of a pair of panda cubs. Thanks to artificial insemination, 17-year-old Mei Xiang gave birth to twins. Interested visitors can check up on Mei Xiang via the zoo's panda cam.



GETTY IMAGES

CHEETAHS

According to the Cheetah Conservation Fund, artificial insemination and freezing techniques were used as early as the 1990s to produce cubs.



THE ASSOCIATED PRESS

WHITE RHINOS

Last year, the Buffalo (N.Y.) Zoo celebrated the birth of a female Indian rhino calf. The offspring was conceived with some help from Jimmy, a Cincinnati Zoo rhino who had died nearly a decade prior. Jimmy's frozen sperm was collected after his death and used in the artificial insemination.



THE ASSOCIATED PRESS

BLACK-FOOTED FERRETS

A dead ferret gave new hope to an endangered species last month. Black-footed ferret sperm collected and frozen from one of just 18 living members of the species back in the 1980s helped produce eight "kits," as ferret babies are known, in August at Chicago's Lincoln Park Zoo.

PSYCHOLOGY

Love's in how you say it, actually

A computer algorithm developed by a team of U.S. researchers can predict marital success more accurately than human behavioural experts using only the tone of voice couples use when communicating with each other during couples counselling sessions.

During a two-year period, researchers from the University of Southern California recorded conversations in marriage counselling sessions from a sample of over a hundred couples. They then followed up with the couples for a fur-

ther five years to determine if there was any change in their marital status.

The results, published in the journal *Proceedings of the National Academy of Sciences*, showed that the algorithm could predict improvement or deterioration within a couple's relationship in more than 74 per cent of cases, more than the descriptions of couples therapy sessions that were provided by the relation-

ship therapists.

One of the members of the research team, Brian Baucom from the University of Utah, commented on the results saying, "Psychological practitioners and researchers have long known that the way that partners talk about and discuss problems has important implications for the health of their relationships." AFP

COMPANION PEACE
Another recent study showed saying thank you and expressing gratitude in a relationship is a good predictor of marital happiness.

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NEW TRACK

Cocker marks Paris attacks with music

Jarvis Cocker
GETTY
IMAGES



Pulp singer Jarvis Cocker has released a track inspired by the November 13 Paris attacks.

The musician premiered the piece on his BBC6 radio show over the weekend.

The spoken-word track begins with the singer describing his day and going on to explore the idea of freedom, with Cocker listing all the different people he loves.

"We're all free,"

the lyrics state.

"Free to mess up

or get trashed,

but free to do it

in our own way.

And I love the

way that you

are doing it. And

I love the way that you

are free."

Cocker is not the only

artist to have been in-

spired by the attacks

— earlier this week U.S.

rock band Foo Fighters

surprised fans with a

free new EP dedicated to

the victims of the attacks.

AFP

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Light from The Shadow

WARRIORS FROM THE NORTH, PASSIONATE EYE (CBC)

In this Danish documentary by Soren Steen Jespersen and Nasib Farah, a young man identified as The Shadow sits in a dim room, his face and voice obscured.

Calmly, he explains his reasons for joining Al-Shabab, the Islamic extremist group based in Somalia. As the son of Somali immigrants to Denmark — allegedly one of the most socially enlightened places on earth — The Shadow spent his teenage years on the margins, doing drugs, getting into trouble, and seeing no prospects for himself.

"Nothing in my life made any sense," he says.

Then a group took him in, fed him, treated him seriously, talked to him about God. He realized, "I could become a warrior for Al-Shabab, or I could stay in Copenhagen and be a failure."

Anyone struggling to understand why so many people volunteer to kill themselves in what they see as holy war can



Warriors From The North is an insightful look at what drives young people to join terrorist groups. It re-airs on CBC Television this Saturday night. CONTRIBUTED

find answers here.

After a childhood friend blew up a medical school graduation, Farah travelled to Somalia and back to Denmark, conducting interviews over four years. His insider point of view sets this doc apart, as

does its call for compassion.

The filmmakers believe western authorities should bring these young people back into society, rather than punish or alienate them further.

They contend that the West needs to admit its own failings:

a study of seven European cities proves that Somali communities suffer the most isolation, the least employment, and the lowest rate of education.

You don't have to be Einstein to realize what comes out of that.

SPONSORED CONTENT

Clover Living: an active and engaged community

Who says you can't be a vital, active part of the community in your retirement years? Don't tell that to the residents of Clover Living, a vibrant independent living and 55+ supportive living facility in Calgary's Chinatown.

From hosting polling stations and political visits to flu clinics, optometrist visits and even a legal quiz competition, Clover Living is a thriving example of carefree, healthy and vibrant retirement living in a peaceful community experience.

Clover Living has been as immersed as the rest of the country and province with elections and political speeches in recent months. With a central downtown location, situated by the scenic Bow River and Sien Lok Park, Clover Living has welcomed visits from former MLA and now Federal Minister of Veterans Affairs Kent Hehr, as well as Minister of Justice — MLA for Calgary-Buffalo — Kathleen Ganley, who oversaw the city's first Chinese legal knowledge quiz competition at Clover Living.

"A lot of politicians take notice of Clover Living residents, and visit often," says Grace Su, director of operations at Clover Living.



CONTRIBUTED

"Our residents are active and engaged." Case in point. The winner of the legal knowledge quiz was the team from Clover Living, led by a 92 year-old resident who Su said 'answered many of the questions.'

While the quiz hosted over 60 community members and enhanced legal awareness and knowledge among Clover Living residents and participants, the facility also looks after residents with a fall flu clinic and regular visits from pharmacists and optometrists.

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CLOVER LIVING
— CHINATOWN —

Bakula's perpetual Mardi Gras

INTERVIEW

NCIS New Orleans star talks about his Big Easy role

Ned Ehrbar
Metro | Hollywood



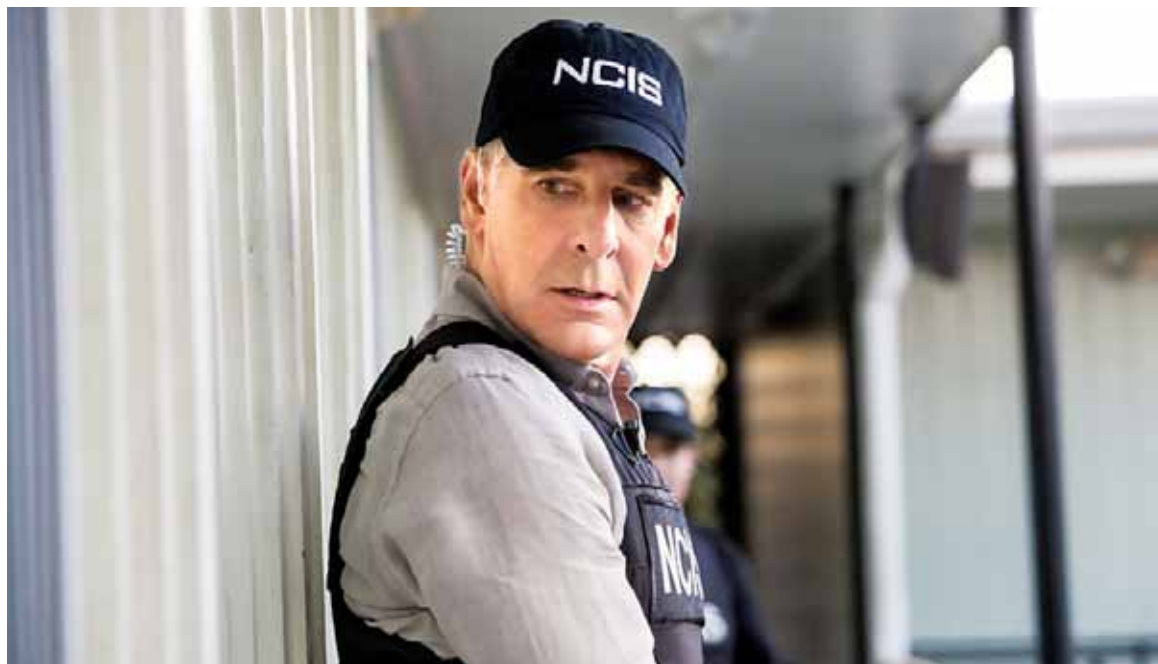
Scott Bakula is no stranger to TV, but a prime spot in the NCIS empire is still a fairly new experience. Bakula leads NCIS: New Orleans, which aired its first midseason finale last night on Global. He stars as Senior Special Agent Dwayne "King" Pride. But a job like that comes with its own unique challenges.

What do you think has changed for TV over the years? And do you think a franchise like this is kind of a sure thing?

I don't think there are any sure things anymore. I would've bet you a lot of money that Men of a Certain Age would've lasted more than 22 episodes and I would've lost a lot of money. I am still shocked by that. You just learn over your lifetime that when you're off making it, you know it's real.

As I've told everybody about this show, we have to make a good show. People aren't lazy with their clickers.

They switch channels if they don't like you. So if 17 million people are tuning in on a Tuesday night for NCIS, and for our show everybody turns off the TV and goes to watch something



Scott Bakula is celebrating the midseason finale of NCIS New Orleans. CONTRIBUTED

I said a couple of weeks ago, 'We're running out of parades,' and they said, 'Oh no, it's New Orleans, you never run out of parades.' Scott Bakula on what sets NCIS New Orleans apart from the other shows

else and we only get 10 million people — which is a lot for a lot of networks, but only 10 million on CBS are watching — our show we'll be cancelled. So I don't take anything for granted.

NCIS has been on the air for 12 years. Is it intimidating to follow that?
It's hard to get my head around. It's still hard to

comprehend that you're following the most-watched TV show on planet Earth. We were doing a crossover episode and I flew to L.A. to shoot with Mark (Harmon), and I was shooting Episode 4 and they were shooting Episode 240.

It's kind of humbling, really. I've never had anything last that long, so I can't comprehend it.

After four and a half years of Quantum Leap and four years of Enterprise, I was not ready for those shows to end. So I know that my attention span can last at least four years.

What sets this apart from the other NCIS shows?

I said a couple of weeks ago, "We're running out of parades," and they said, "Oh no, it's New Orleans, you never run out of parades."

There is a parade for Thanksgiving, there is a parade for Halloween, there is a parade for Christmas, there are all the Mardi Gras parades, there is an Easter parade. They love to celebrate

in that town, but at the end of the day we have to dig deep into the history and the culture and the community that lives there. You have all this infusion of all these worlds coming and landing there and settling there and dying and killing and storms and tragedies. And the people that stay there are, they're a little crazy and very possessive about the city. They're all asking me, "How do you like my city?" It's a fascinating place and that's part of the show, a big part of the show.

WEDDINGS Sip-free Sofia sparks baby talk

During what was certainly the most heavily documented celebrity wedding of the decade, bride Sofia Vergara raised more than a few eyebrows by eschewing any celebratory champagne, despite her marriage to Joe Manganiello being a huge party.

So what gives?

"The reception was so much fun. Even though so many people there were wasted, Sofia was not at all," a source says of the West Palm Beach, Fla., nuptials, according to Radar Online.

"Either Sofia chose not to get drunk at the wedding out of respect for Joe" — who is 12-years sober — "or she is pregnant."

Well, then. Which do we think it is? The groom's comments at the reception point to family planning: "Joe cannot wait to have children with her, and he said that they are going to be trying right away," the source adds.

Maybe they got an early start on it.

NED EHRLAR/
METRO HOLLYWOOD



Sofia Vergara.
GETTY IMAGES

SPECULATION

The very public love of Gwen and Blake

So this whole Gwen Stefani dating Blake Shelton thing. We need to talk about it.

I'm not saying I'm getting suspicious, but I'm getting suspicious. The Voice co-judges continue to play the whole thing up for the cameras and behind the scenes so that word can get out about how cutesy they are together.

Like during the taping of this week's episode, during a commercial break Shelton made sure to walk over to Gwen and whisper in her ear a whole bunch as she rested her hand on the small of his back. And it doesn't help that when we chatted with Christina Aguilera earlier this



Blake Shelton. GETTY IMAGES

month she was far too eager to talk about them — even bringing up the topic herself.

Let's just say the whole thing feels a bit ... staged. That's all.

NED EHRLAR/METRO

GOSSIP BRIEFS

Move over Brad, Angelina has eyes for Frankenstein

Angelina Jolie could be set to star as the Bride of Frankenstein in Universal's planned remake of the movie.

According to Comingsoon.net and The Hollywood Reporter, the group is keen to revamp the cult 1935 horror flick with the star taking the lead role. The remake was first announced back in 2009, when it was set to be produced by Brian Grazer and directed by Neil Burger.

Jolie's most recent project, By the Sea, which she directed and stars in alongside husband Brad Pitt, was released earlier this month to poor box office sales, earning a total of \$313,000 in U.S. theatres so far. AFP

Justin Theroux is in love, and he wants you to know

In case you were curious about how things are going with Justin Theroux and Jennifer Aniston now that they're a few months into their marriage, Theroux himself is here to tell you that everything is fantastic. Not to rub your face in it, or anything. "It does feel different. I'm very happy," he tells In Touch.

"She's beautiful. Not to be corny, but I constantly say that. We are having a great time." Oh, and according to Theroux the best part of married life is "getting to look at the person next to you every morning." Sheesh. Get a room, you TWO. NED EHRLAR/METRO

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Starting from price for 2015 Dodge Journey Crossroad shown: \$31,785.⁵

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Practical Civic shows its fun side



REVIEW

Canada's top-selling ride gets a complete makeover

Jill McIntosh
For Metro Canada



Even when something's at the top of the heap, it still has to be kept up to date, but that rule hasn't always resonated with Honda. Its Civic has been Canada's best-selling car for almost two decades, but the last couple of "all-new" redesigns were so watered-down that it was sometimes tough to see exactly what had been done.

All is forgiven with the 2016 sedan, which truly is completely redesigned and which is now one of the more impressive mainstream compact sedans that I've driven.

There are two new engines, starting with a 2.0-litre four-cylinder that makes 158 horsepower, but my tester used the 1.5-litre turbo-charged four-cylinder. It's Honda's first turbo in North America and cranks out 174 horsepower, and runs on regular-grade gasoline. While the 2.0-litre is available with a six-speed manual, the turbo

exclusively uses an automatic continuously-variable transmission (CVT). The steering and handling are also much improved, and the car feels lightweight and nimble, with sharp response.

It's now longer and wider, and even though the roof swoops down at the back, rear-seat headroom remains the same as before. The cabin is very roomy and comfortable overall. The interior is also updated, most notably with a new instrument cluster that replaces the weird two-tiered version Civic used to have. Almost all materials are now soft-touch for a premium feel, and there's more small-item storage space than before. Most of the controls are large and easy to use, but the stereo needs a real volume dial, instead of an annoying touch-screen slider that's nearly impossible to accurately tap when you're moving.

There's also smart-phone integration on all but the base model. Plug in your phone, and either Apple CarPlay or Android Auto will access many of your apps on the car's centre screen (but please pay attention to your driving instead).

The Civic's still practical, but now it's fun as well. It's taken a few tries to get here, but Honda has finally released a version that's truly worthy of its best-seller status.

THE CHECKLIST | 2016 HONDA CIVIC SEDAN

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine (hp/torque). 2.0-litre four-cylinder (158/138); 1.5-litre turbo four-cylinder (174/162)
Transmissions. Six-speed manual or CVT
Price. \$15,990 (base), \$24,990 (as-tested), plus destination

COOL FEATURES

- Capless fuel filler
- Walk-away locking
- Lane Watch passenger-side monitor
- Wireless phone charging
- LED headlights
- Forward collision warning with braking
- Lane departure warning and mitigation
- Electronic parking brake



JILL MCINTOSH/FOR METRO

POINTS

- The Civic is also made in Ohio, but all sedans sold in Canada are built at Honda's plant in Alliston, Ont.
- Although it's larger than the outgoing model, the new version uses more high-strength steel, so it's stiffer and weighs less than before.
- The base DX trim comes only with a stick shift, and air conditioning is not available on it.

MARKET POSITION

Honda admits it was previously only chasing the competition, but now tries to move ahead. Civic is now a global vehicle, and all factories worldwide use techniques and training developed at the Ontario plant.

THE COMPETITION



Toyota Corolla
Base price: \$15,995



Dodge Dart
Base price: \$17,995



Volkswagen Jetta
Base price: \$15,995

KUDOS
The 2016 Honda Civic was named the Best New Small Car by the Automobile Journalists Association of Canada.

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Honda's shrinking act no small feat

HYDROGEN

FCV powertrain matches conventional technology for size

New technology means that Honda's tentatively named FCV fuel-cell vehicle — one of only a few hydrogen-powered sedans beginning to come to market — can house its entire powertrain in the same space that a traditional internal-combustion engine and transmission occupy. Just two decades ago, fuel-cell powertrains were on average the size of a mini-van, making Honda's achievement no small feat. The car debuted at last month's Tokyo Motor Show, featuring a full cabin that seats five adults and a claimed range of 700 kilometres. "Exhilarating driving" is made possible by two high-output motors, Honda said.



TEXT AND IMAGES BY WHEELBASE MEDIA;
MODEL X PHOTO: AFP/GETTY IMAGES

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



DESIGN

Tesla Model X is gullwingin' it

Two versions of Tesla Motors' uniquely designed and styled Model X midsize wagon were offered at launch: the inventively named 90D, starting at \$133,200 in the United States, and the just-as-ambitiously-titled P90D, starting at \$143,200 and bearing the "Ludicrous Speed" option that gives it a zero-to-96-km/h time of 3.2 seconds. Both versions will travel a claimed 400 kilometres on a single charge, carry seven passengers in three rows of seats, and tow up to 2,270 kilograms. Unique features include rear passenger doors that swing straight up, a single-piece windshield that sweeps from the hood to halfway across the roof, an automatic front door and, for the cabin, a medical-grade air filtration system.



TOYOTA

Fuel-cell 'family' of cars not expected within decade

As it did with the Prius hybrid that began as a single model and grew into its own line of vehicles, Toyota might eventually do the same with its limited-production Mirai hydrogen-fuel-cell sedan, pictured, currently available in North America only in California and in very small numbers. Mirai chief engineer Yoshikazu Tanaka hopes one day a model lineup of fuel-cell vehicles will be the case. Speaking to Autocar magazine, he didn't propose anything specific model-wise, as that won't happen overnight, he said. It likely will take 10 or 20 years before fuel-cell cars achieve sales volumes in the neighbourhood of today's hybrids, and finding clean sources of hydrogen is still considered an issue.

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Interior design for the self-drive era

AUTOPILOT

Intriguing ideas, but this writer's not sold on more screen time

Mike Goetz
For Metro Canada



The Volvo Concept 26 revealed at this week's auto show in Los Angeles isn't a whole vehicle — just some interior elements to show how an interior might be optimized to take advantage of autonomous or self-driving technology.

The main idea behind Concept 26 is that future autonomous cars will allow drivers three different ways to spend their time behind the wheel — drive, work or relax. This interior will literally reshape itself into three different “modes,” depending on what you want to do.

“Drive” mode is like a normal interior, with upright seating and the driver at the control.

“Create” is one of modes possible when the vehicle is driving itself, and transforms the driver cockpit into a work station, entertainment lounge, or combination of both. The passenger-side dashboard flips around to reveal a 25-inch flat-screen monitor. The driver's seat, tray table, and tablet interface in the centre console can be configured in a variety of ways to help you get work done, or to consume various quantities of entertainment.

“Relax” mode reclines the driver's seat into a bed-like horizontal position. You can just lie there, or partake of the content that the entertainment centre curates, and suggests to you, via the big flat screen.

This is all good, right? Who wouldn't want to nap in your car when you're too tired to drive? Or watch the complete first season of the acclaimed British series, *Sherlock*, starring the captivating Benedict Cumberbatch, during one straight drive to Disney World in Florida?

I'm just having trouble with the suggestion that this interior, and others like it that are also optimized for self-driving, will “save” time, or make time more productive, or just generally be “better” somehow.

The Volvo Concept 26 is so called because, according to Volvo research, autonomous driving will “allow drivers to reclaim a significant amount of time from their daily commute, and make the time more meaningful.... In the United States many drivers could regain an average of 26 additional minutes for each commute and several hundred hours per year.”

Make the time more meaningful? By spending more time on the screen?

I guess there is always the possibility that more screen time could be productive and meaningful, but the chances are just as great we're going to slide into our default mode, and watch another episode

26
The Volvo Concept 26 is so called because, according to Volvo research, autonomous driving will “allow drivers to reclaim a significant amount of time from their daily commute.... In the United States many drivers could regain an average of 26 additional minutes for each commute.”

of *Say Yes to the Dress*, or the latest instalment of *Sports Centre*, or other stuff we'd rather not admit to publicly.

I don't have a long commute now, but when I did a few years ago, I loved that “limbo” state, where a hectic work day was held at bay, or my home life was held at bay, until I actually got there.

The boring commute seems to be one of the last best ways to get some forced “do nothing time,” which researchers increasingly say is a vital component of being human.



Volvo's Concept 26, which imagines the inside of a future autonomous car, was unveiled at the L.A. Auto Show. CONTRIBUTED

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CARBUYERS

Technology trumps brand loyalty: Poll

Consumers have started placing such a high premium on in-car technology that they're prepared to switch brands in order to get the features they want.

According to a new KS&R survey commissioned by Autotrader in the U.S. and published to coincide with the L.A. Auto Show, almost two-thirds of consumers in the market for a new set of wheels would be willing to consider a different marque if the standard of technology

on offer in their preferred car was lacking.

In fact, nine out of 10 drivers who are getting ready to buy a new car in the coming months have already started researching carmakers' latest tech offerings, particularly in terms of entertainment and driver aids.

"In-vehicle technology ranks increasingly higher for consumers as they consider must-have and desired features in their car shopping," said Michelle Krebs,

Autotrader senior analyst. "That puts automakers under intense pressure to anticipate and offer the technologies consumers desire, or they risk losing them to a brand that delivers."

More than half — 59 per cent — of the 1,012 U.S. vehicle owners surveyed said that cruise control was a must-have feature on their next car, while 59 per cent singled out diagnostic alerts and 49 per cent integrated USB charging ports. AFP

OTHER RESULTS

- 53 per cent said they believed a car can be judged as being a luxury or non-luxury by the quality of its infotainment system and the choice of technologies on offer.
- 57 per cent said carmakers should focus on better in-car smartphone integration.



Artistic rendering of Google's autonomous vehicle. GOOGLE INC.

Google in the driver's seat

SOFTWARE

Search giant has edge in race to autonomous cars: Analysis

New research suggests that Google's unrivalled access to complementary technologies could mean it will be offering consumers access to driverless taxis before a traditional carmaker can get its first autonomous car in a dealership.

During his media roundtable discussion at the Tokyo Motor Show, Nissan head Carlos Ghosn was very careful to make a clear distinction between autonomous driving aids and the concept of self-driving cars.

"Driverless cars are cars without a driver, which is what Google and Uber are pursuing," he said. "Our objective for autonomous drive is not to take you out of the car. Our objective is to keep you in the car and empower you."

But while carmakers discuss the finer points and governments are yet to reach a consensus regarding the legislation needed to let cars drive themselves in public, according to IHS Automotive, Google is already streets ahead in the race to make autonomous cars a reality.

"No other company has as

much relevant technology to advance autonomous driving software," said Egil Juliusen, PhD, senior research director at IHS Automotive.

The search giant is a leader in mapping, machine learning and artificial intelligence and has unrivalled access to other innovations, too.

"Google is in a unique position to leverage adjacent technologies for developing self-driving car software," Juliusen said. "And its strategy and goal is to provide the software and map infrastructure to allow mobility services to anyone."

Nissan, Toyota, Volvo, Honda and Audi have all set themselves a deadline of 2020 for delivering their first production cars with next-generation autonomous aids. However, IHS forecasts that "Car as a Service" (CaaS) fleets will be an app-controlled reality before 2025. AFP

2035

IHS forecasts that by 2035, 10 per cent of new cars on sale around the world will be fully autonomous. However, it also notes that the rate at which breakthroughs are being made means that this estimate could be very conservative.

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Hot chocolate a holiday reminder

OBSESSION

‘Like a peanut butter cup you can drink’

Jennifer Friesen

Clamouring through a frosted threshold, clinging to a pair of skates through mittened hands, the first thing a young Julie Van Rosendaal would ask for was a steaming cup of hot chocolate.

“All kids are obsessed with hot chocolate,” said Van Rosendaal. “Every time we would go outside, as soon as we came back in, we’d go, ‘Mom, we want hot chocolate!’ It’s definitely something that reminds me of the holidays.”

Homemade hot cocoa is a tradition she never let slip through the cracks of adulthood. But, always on the hunt for a new recipe, Van Rosendaal

+ A FEW TIPS

1. “The darker the chocolate, the better. Bernard Callebaut has little chocolate flakes, which work really well.”
2. “If you want your peanut butter hot chocolate salted, add a pinch of flaky sea salt at the end. Grown-ups like this very much.”
3. “Try adding egg nog to the milk.”

stumbled upon an added twist while in New York five years ago: peanut butter.

“I think instant chocolate is a crime to chocolate,” she laughed. “We’ve always made our own hot chocolate, but having peanut butter in it is like, why have I never thought of this? It’s like a peanut butter cup you can drink!”

Willem, Van Rosendaal’s 10-year-old son, joined in on

the tradition of homemade hot chocolate, and has been making his “special” hot chocolate mix for Christmas gifts since kindergarten.

“Kids can do a lot more in the kitchen than I think a lot of people give them credit for,” said Van Rosendaal. “And for me, having (Willem) know that he made it all himself, and that he had control over it, that’s important.”

She said peanut butter hot chocolate is the perfect way to introduce kids to the kitchen, because a little added sugar or cocoa couldn’t hurt the flavour, and it gives the kids a sense of satisfaction.

“I like that he’s proud of himself for doing it; it means more than if I just went and bought something,” she said.

“Then they get to see how much joy it brings people when you bring them cookies or food. And let’s be honest, everyone likes hot chocolate, it’s not just for kids.”



Julie Van Rosendaal believes instant chocolate is a crime against chocolate. JENNIFER FRIESEN



PEANUT BUTTER HOT CHOCOLATE

INGREDIENTS

- 1/4 cup sugar
- 1/4 cup cocoa
- 1/4 cup water
- 3 cups 2% or whole milk
- 2-4 Tbsp. creamy peanut butter
- 3 oz. good dark chocolate, finely chopped

DIRECTIONS

1. In a saucepan, stir together the sugar and cocoa to get rid of lumps; stir in the water until smooth, then whisk in the milk over medium-high heat.
2. Heat until steaming.
3. Remove the pan from the heat and add the peanut

butter and chocolate. Let it sit for a few seconds, then blend it with a hand-held immersion blender.

4. Or, for individual cups, divide the chocolate among the cups and pour the warm milk overtop. Whip together with a frother to make it smooth and foamy.



Spanakopita

- 3 tbsp. CO-OP GOLD olive oil
- 4 shallots, small dice
- 3 cloves garlic, minced
- 2 - 8oz. bag spinach
- 1/4 cup CO-OP GOLD chicken broth or turkey stock
- 1/2 tsp. salt
- 1/4 tsp. CO-OP GOLD chili flakes

- 250 g marscapone cheese
- 454 g ricotta cheese
- 1/3 cup CO-OP GOLD grated parmesan
- 2 CO-OP GOLD eggs, lightly whisked
- 1 whole nutmeg, finely grated
- 1/2 cup CO-OP GOLD melted butter
- 1 package of CO-OP GOLD phyllo dough, thawed overnight in the refrigerator

Preheat oven to 360° F. In a medium sauté pan, heat a small splash of olive oil and sweat the shallots and garlic until translucent. Add the spinach and increase heat to high. Add the broth, salt and chili flakes. Cook until all the extra liquid is reduced, and the spinach is nicely glazed. When all the liquid is cooked out, remove from heat and transfer to a colander over a bowl.

While the spinach mixture drains, prepare the cheese mixture. In a large bowl combine marscapone, ricotta, parmesan and eggs. Stir to combine, add the nutmeg and any of the run-off juices from the spinach. Stir to combine thoroughly, but do not overmix as ricotta will become grainy.

Lightly grease an 8"x9" baking pan. Working quickly, remove one sheet of phyllo from the package, keeping the remaining sheets covered with a damp towel. Using a pastry brush, lightly brush the phyllo with butter, gently pressing it into the corners. Lay another sheet on top, repeating the brushing process. Repeat until you have a base of 6 sheets. Fill the base of the pastry with the spinach and top with the ricotta mixture.

Lay one sheet of phyllo over the top of the mixture; brush lightly with butter. Lay another sheet over top and again repeat the buttering process until you have a top crust of six layers. Pinch the edges to see the phyllo crust; poke two holes in the top of the crust to allow steam to escape. This will help ensure a nice light crust. Bake in preheated oven until crisp and golden, approximately 25 minutes.



Recipe Courtesy of Dale MacKay

Visit us at calgarycoop.com/cooking for more great recipes.

Thriving as the main man

103RD GREY CUP

Head coach took Redblacks job to build from ground up

Many of Rick Campbell's childhood memories include the Edmonton Eskimos.

The Ottawa Redblacks head coach was a young boy when he watched his father Hugh — the Eskimos head coach at the time — lead Edmonton to five consecutive Grey Cup victories from 1978-82. Now Campbell is looking to make his own mark as a CFL head coach as he guides the Redblacks to their first Grey Cup appearance.

Perhaps fittingly, the Redblacks will play Edmonton on Sunday in Winnipeg. Campbell, who spent almost a decade on the Eskimos' coaching staff earlier in his career, is doing his best to downplay the connection and instead keep the focus on the big game.

"I'm just really trying to live in the moment and making sure we get our football team ready to play," Campbell said Tuesday before the team departed for Winnipeg. "I obviously do have a history with Edmonton with me working there and my family. I also got used to it as I've played against Edmonton over the years when I worked in different cities."

Campbell made his CFL coach-

ing debut with the Eskimos in 1999 as a defensive backs/special teams co-ordinator. He spent six seasons in the role before being promoted to defensive co-ordinator (2005-08).

Campbell also worked in various coaching roles with Winnipeg (2009), Calgary (2010), Edmonton (2011) Calgary again (2012-13), before heading to Ottawa last year for the Redblacks' debut season. When the 44-year-old native of Spokane, Wash., originally interviewed for the Redblacks' coaching position, part of the appeal was his desire to build something from the ground up.

"I wanted to come here to be a part of something new," he said. "It wasn't about me

putting my name on the franchise, but it was about all of us putting our name on a new franchise in a new city. I had observed Ottawa from the outside and just had a really strong suspicion this could be a really great thing to be a part of."

"We're trying to make this a place where we have high expectations and we want to be a winning program over the years."

The elder Campbell will not be in Winnipeg for the Grey Cup, but has provided some advice for his son.

"He told me we've got to do the things that got you there," said Campbell. "It's a bigger stage, but as far as how you win football games doesn't change."

THE CANADIAN PRESS

TOP COACHES
Appropriately, Campbell and Edmonton's Chris Jones are the finalists for the coach of the year award.



Rick Campbell receives a victory shower after the Redblacks won the East Division final on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Curfew keeps players in line

Players gearing up for Sunday's Grey Cup showdown arrived in Winnipeg Tuesday night, planning to enjoy the festivities — but not too much — while they prepare for the big game.

"Yeah, we do curfew," Ottawa Redblacks coach Rick Campbell told reporters shortly after the team's plane landed.

"I think there's a balance you can strike of being able to participate and see some things without being in full party mode."

Players didn't seem bothered by the idea of a nightly curfew — 11 p.m. in Ottawa's case.

"I don't mind because I'm going to be in my bed," said Redblacks fullback Patrick Lavoie. "We know what we have to do."

The Eskimos won both regular-season matchups between the two teams, early in the season in July, but they are not taking anything for granted going into Sunday.

"It was a dogfight," defensive lineman Odell Willis said.

Quarterback Mike Reilly said Ottawa has come a long way.

"They were a very different team when we played them early in the season and so are we," he said.

"It's not a coincidence that they're in the Grey Cup. They've been playing great football and they deserve to be there. So we're going to have to put together a great performance in order to get the win." THE CANADIAN PRESS

SKELETON

Martineau brings unlikely background to his new sport



Calgary's Barrett Martineau and the national skeleton team open the World Cup season Saturday in Altenberg, Germany. ALEXANDER HASENSTEIN/BONGARTS/GETTY IMAGES

A taste of what it's like to be an Olympian wasn't satisfying for Barrett Martineau. It kept him hungry.

The 24-year-old from Calgary missed representing Canada in nordic combined — ski jumping and cross-country skiing — at the 2010 Winter Games in Vancouver and Whistler, B.C.

Martineau was a forerunner for men's ski jumping, which means he tested the track just before the first competitor launched at Whistler Olympic Park.

And he happened to be down-

town when newly crowned Olympic skeleton champion Jon Montgomery auctioned off his now famous pitcher of beer to the crowd.

The combination of those experiences brought Martineau out of retirement and into the head-first sliding sport of skeleton. He and the Canadian team open the World Cup season Saturday in Altenberg, Germany.

While it's common for skeleton athletes to come from other sports, cross-country skiing and ski jumping aren't generally among them. There is more

+ THE RETURN

Martineau retired after 2010, went to school and began coaching ski jumpers only to realize he missed competing.

crossover than you might think, said Martineau.

"Both of those sports, ski jumping and cross-country skiing, gave me a combined focus for skeleton," Martineau said. "Cross-country skiing gave me

that drive to work hard and always be pushing the envelope. Ski jumping gave me that desire for the adrenaline rush."

Martineau won bronze at the world junior championship in 2012. Competing at an international level in other sports helped shorten Martineau's learning curve, said coach Ivo Pakalns.

"He came a more-ready product," Pakalns said. "I believe his career in ski jumping and nordic combined in general helped him a lot in his transition to this new sport." THE CANADIAN PRESS



Flames goaltenders Karri Ramo, left, and Jonas Hiller will both be free agents at the season's end. STEPHEN DUNN/GETTY IMAGES

Flames must solve their goalie puzzle



THE HOCKEY NEWS

Jared Clinton

The Flames' goaltending continues to be troublesome, and there are going to be more questions than answers when this season concludes.

The campaign began with GM Brad Treliving dealing with a three-headed monster that required the demotion of Karri Ramo before a subsequent injury to Jonas Hiller brought Ramo back to the NHL. While he's been the go-to option in Calgary ahead of youngster Joni Ortio, neither goaltender has played anywhere near well enough to give the Flames a fighting chance in the Pacific Division.

Through 21 games, the Flames has a league-worst minus-25 goal differential and their team save percentage is .881, the worst in the league. Changes are coming in the Calgary net, though. When this season ends, both Hiller and Ramo will be free agents and the Flames will have the opportunity to shuffle the deck between the pipes. Ortio,

who's only 24 and still has room to improve, could be an option in a goaltending platoon. He was stellar in the AHL in 2014-15 and that quality doesn't just vanish.

The Flames will have to decide where to turn if they don't bring back either of Hiller or Ramo, however. There are a number of free agent options who will be available this coming off-season, a number of whom are starting netminders elsewhere.

Tampa Bay's Ben Bishop, St. Louis' Brian Elliott and Vancouver's Ryan Miller could all be potential signings. But what could make life easier for Treliving and the Flames is the play of Jon Gillies in the AHL.

Gillies was a third round pick of the Flames in 2012 and is making some waves in the AHL as a first-year pro. Just last season, Gillies was selected to the NCAA's Frozen Four all-tournament team and was named the MVP of the entire tournament. The Flames will certainly have to look outside the organization for a stopgap until Gillies, 21, is ready, but once he's ready, the Flames may have found their future full-time starter.

.881

Flames save percentage after 21 games which is the league's worst

NFL

Party boy Manziel dropped by Browns

Dropped from starter to third-stringer — without playing a game. Johnny Manziel parted his way out of the lineup during Cleveland's bye week.

Browns coach Mike Pettine benched the polarizing quarterback on Monday for his off-field behaviour, a move that could signal Manziel's days with the team are numbered.

Pettine said Josh McCown

will start Monday night's game against Baltimore in place of Manziel, who was recently handed the starting job but couldn't keep it while the team had a week off. Manziel's benching comes in the wake of a video surfacing of him holding a bottle of champagne and rapping profane lyrics last weekend in an Austin, Texas, nightclub.

THE ASSOCIATED PRESS

IN BRIEF

Russia's anti-doping system to go on trial next week

The Russian anti-doping system will go on trial at the Court of Arbitration for Sport next week with two Olympic medals at stake.

CAS will hear appeals from the International Association of Athletics Federations against six Russian athletes, the country's track and field federation and the national anti-doping agency, the court said. THE ASSOCIATED PRESS

FIFA ethics committee want life ban for Platini

The FIFA ethics committee has requested a life ban for Michel Platini, the Frenchman's lawyer said Tuesday, a move that would rule the UEFA president out of the race to succeed Sepp Blatter.

A source said that the maximum sanction was asked for when the FIFA ethics committee investigations unit submitted its final case report. THE ASSOCIATED PRESS

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RECIPE Chicken and Rice Soup



PHOTO: MAMA ISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



We lovingly refer this kind of meal as a half-homemade dinner. Pick up a rotisserie chicken on the way home tonight and whip up a pot of this delicious, nourishing soup.

Ready in
Prep time: 20 minutes
Serves 6

Ingredients

- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low sodium chicken stock

- 3 cups leftover or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

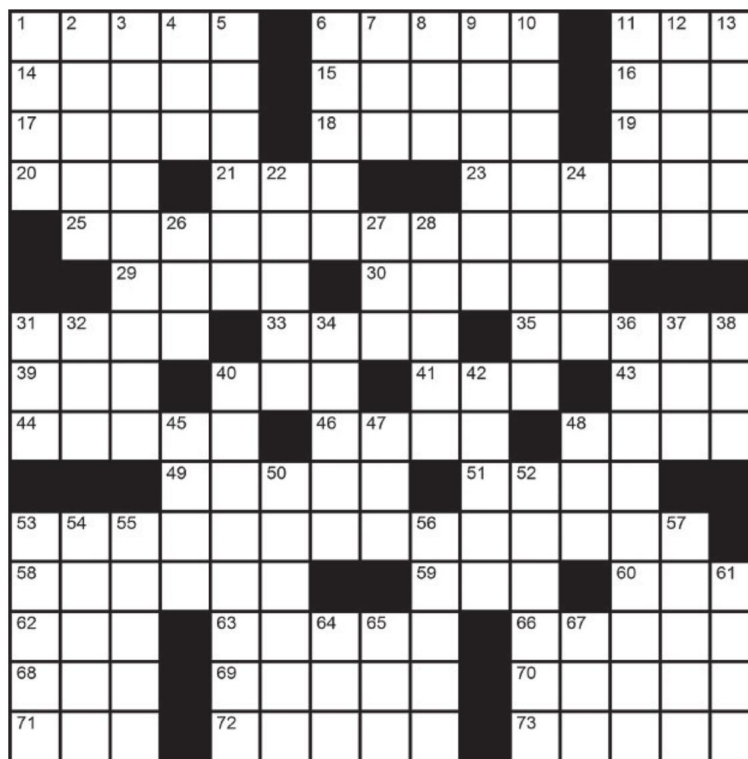
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Performs for pedestrians
- La __ Grey (Grey Cup, en français ...more at #25-Across)
- American comedian Louis, et al.
- __ (Carnivore's web purchase, say)
- Turn __ new leaf
- At the age of, in Latin [abbr.]
- Edith Piaf's " __ en Rose"
- City's leader
- Freelancer's encl.
- Soul: French
- "Sheila" singer Tommy
- Rick __, "Casa blanca" (1942) main character
- Sunday, November 29th, 2015... Winnipeg setting of this week-end's Grey Cup championship. __ Field
- Chimney stuff
- Saltpetre
- Honey: French
- Nile wader
- Enthusiastic
- "Gotcha!"
- Azores island, __ Miguel
- English cathedral city
- Celebrity chef Ms. Drummond
- Tomato sauce's partner
- Roughly: 2 wds.
- Canadian singer Ms. MacLean
- Songbook standard: "Goodnight, __"
- Twist, as timber



- Canadian TV... "Crash Canyon", for one: 2 wds.
- Peaceful
- "Hect" add-on
- '_' for Victoria
- Prefix to "light"
- Horse-__ carriage
- Snow: French
- Periods beyond

- regular hrs.
- Start
- Celebrity photographer Ms. Leibovitz
- Form of stage show in Japan
- "Swell!"
- Covers the falcon's eyes

DOWN

- Mr. Lugosi
- Savoury fifth taste
- "...__ that run high...": Bit of Canadian folk classic "Four Strong Winds" by Ian & Sylvia
- And, in Athens
- Prefix to "phonetic" or "type"
- Bathroom
- cleanser
- Eggs, scientifically
- One-eighty turn, slangly
- Jeff __ (Host of "Survivor")
- Canada's Governor General from 1904 to 1911 who, in 1909, donated the football trophy at

- Across: 2 wds.
- Big name in wristwatches
- "Speed" (1994) name
- Height-y, like a hill
- Ancient seaport of Rome
- Region
- Li'l loudness
- Clandestine maritime org.
- Ascends
- Blueprint
- James __ (Smashing Pumpkins co-founder)
- 1950s crooner Pat
- Marvin Gaye smash: "I Heard It Through the __"
- 'Profit' suffix
- Stephen of movies
- Actress Susan
- Decrease
- Famous magazine
- Embarrassed
- Three
- Everlasting, in verse
- Sports facilities
- British car, __ Martin
- Just began the hobby: 2 wds.
- __ coffee
- __ Domingo (Dominican Republic capital)
- Seal
- Dates
- Noted botanist Mr. Gray
- Graced
- Compass dir.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Ignore what others say you should be doing and do what feels right. If you listen to their advice you will get nowhere, so trust your own instincts.

Taurus April 21 - May 21
The full moon makes this an important time for money, so weigh your options and don't make a choice until you are 100 per cent sure you are doing the right thing. If you act on impulse you could regret it.

Gemini May 22 - June 21
It may seem as if the world is against you but common sense should tell you that isn't true. Try not to fall into the trap of thinking that those who disagree with you are enemies. They could be the best friends you have.

Cancer June 22 - July 23
Will you be able to make something out of all of your wonderful ideas? Of course, you won't know for sure until you try — so get on with it!

Leo July 24 - Aug. 23
Start something new, especially something of a creative nature. If you try your hand at something different today you may find you have a talent that has lain dormant for years — and it could make you rich.

Virgo Aug. 24 - Sept. 23
The more others tell you that what you are doing is misguided the more you will go out of your way to prove them wrong. You don't need anyone's advice — you are quite capable of getting it wrong yourself!

Libra Sept. 24 - Oct. 23
The full moon may prevent you from getting out and about as much as you would like to today but don't let that stop you from communicating. Thanks to the telephone and the internet no-one can hide from you.

Scorpio Oct. 24 - Nov. 22
You need a fresh approach to a money matter that has been causing problems. You've been influenced by what others think, so ignore their advice and follow your instincts.

Sagittarius Nov. 23 - Dec. 21
The Sun in your birth sign at this time of year gives your confidence a boost but you still need to have a plan. Today's full moon will impress on you the urgency to get one!

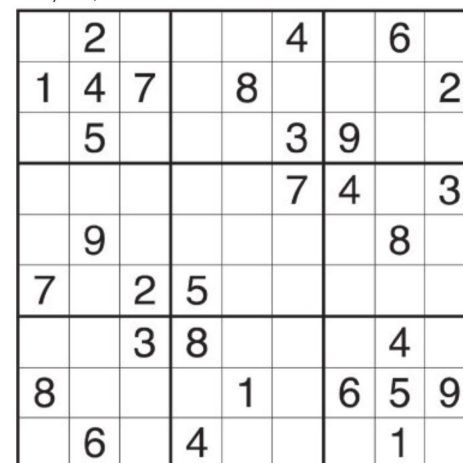
Capricorn Dec. 22 - Jan. 20
Despite what your mind might be telling you no one is out to get you and you won't lose out if you take the occasional risk.

Aquarius Jan. 21 - Feb. 19
If you have an urge to meddle in other people's affairs you must resist. The planets warn that even if you are successful in changing things you will have to change them back again later and it will cost you.

Pisces Feb. 20 - March 20
The Sun in the career area of your chart urges you to change things if you are unhappy with your lot in life. However, the current full moon warns you should wait a couple of days before making your move.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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